Tuesday, May 7, 2013

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NO COFFEE. NO BREAD. NO FUN? IT'S ALL GOOD, SAYS PALTROW IN HER NEW COOKBOOK

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Suburban renewal

One-third of Canada's 250,000 newcomers each year land in the GTA, and they're transforming the 905

PAGE 3

Battle of the ballots

Insurgents in Pakistan stage bloody attacks on civilians and political candidates in the leadup to this weekend's election

PAGE 14

Electronic boogaloo

The new king of electronic dance music Robert DeLong has his legion of fans grooving to his booty-shaking beats

PAGE 19

NEWS WORTH SHARING.

TAKING IT TO THE BOARDS

Boston Bruin Zdeno Chara takes out Leafs forward Nazem Kadri on Monday during the third period of Game 3 in the first round of the NHL Stanley Cup playoffs at the Air Canada Centre. Boston won the game 5-2. More coverage, pages 6 & 31. NATHAN DENETTE/THE CANADIAN PRESS

TTC ain't just whistlin' Bixi

Bicycle sharing. TTC chair Karen Stintz thinks ailing system could be integrated with transit

Should the TTC take over Toronto's struggling Bixi bike-sharing program?

"There's an opportunity to expand Bixi to complement the TTC and give people more options around public transit. Before the program is closed, I'd like an opportunity to explore how it could be a complement to the TTC," commission chair Karen Stintz said on Monday.

She plans to put the matter before the TTC board this month. If the idea has merit but needs city funding, a discussion would need to take place, she said. "It can't siphon funds away from the TTC."

Toronto is trying to figure out whether its two-year-old Bixi program is worth saving. It was established with a $4.8-million capital loan from the city.

But the Montreal firm that runs Bixi still owes $3.9 million.

"If we were to rethink how Bixi integrates with the TTC and perhaps also integrate it with (the Presto fare card), we might find ourselves with a better service to the public," Stintz said. If there's a subway delay, TTC riders travelling a short distance could grab a bike to complete their trip.

But Mayor Rob Ford said he won't support integrating Bixi with the TTC. "Bixi's a failure," he said on Monday. "It should be dissolved. It's not working."

TORSTAR NEWS SERVICE

Don't nix our Bixi just yet

- Toronto's Bixi has sponsors in place until 2014. Daniel Egan, the city's manager of cycling infrastructure, says it would be premature to look at different sponsorship programs until the city figures out a new financial model.

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Ethnic 'enclaves' spread from city into suburbs

Movin' on out.
Chinatown, Greektown and Little Italy now resemble tourist landmarks

Ethnic enclaves — a term sociologists use to describe areas with a concentration of a particular ethnic group and a cluster of commercial and institution activities — have been part of Toronto's history ever since the presence of immigrants in Canada, though they were known by the less flattering term "ghettos."

Over the last decade these enclaves tell the story of how government policy plays a role in the way immigrants settle in Greater Toronto.

On Wednesday, Statistics Canada will release the latest immigration results of its first voluntary National Household Survey, expected to shed light on the latest trends and information about the country's newcomers.

It is the common language, heritage, upbringing and cultural understanding — and sometimes racism and discrimination experienced — that bring immigrants of the same background together, for comfort and support.

That's how Toronto's Jews started in "The Ward" (from Queen to College and Yonge to University streets), Chinese near Elizabeth and Hagerman streets, Greeks on the Danforth, and Italians on College Street. The growth of the Filipino community and emergence of Little Manila at Wilson Avenue and Bathurst Street, a Jewish neighbourhood with many Filipino live-in caregivers, is no coincidence.

In recent years, the government's stronger emphasis on attracting temporary foreign workers and skilled immigrants with a university education and language skills certainly favour migrants from the Philippines, which has been Canada's top immigrant source country since 2010.

Ottawa's push to settle newcomers into less populated provinces, has seen newcomers double in Alberta, triple in Manitoba and increase fivefold in Saskatchewan in the last decade.

Driven by a better living environment, and bigger and more affordable homes in the suburbs, more newcomers are settling in the 905 areas as older immigrant communities matured, moved out of the city.

The Jewish community, for example, has taken hold of the Bathurst corridor from Lawrence Avenue to Centre Street in Thornhill, the Chinese in Scarborough, Markham and Mississauga, Italians in Vaughan and Indians in Brampton. TORSTAR NEWS SERVICE

Immigration

With a system that opened the door to visible minorities from outside Europe, Canada's annual immigrant intake has reached 250,000 a year, with 32 per cent destined for the GTA.

Shoppers look for chestnuts in Chinatown near Gerrard and Broadview.
CARLOS OSORIO/TORSTAR NEWS SERVICE FILE

Sharing is caring

905 enclaves becoming 'multi-centric'

According to Shuguang Wang, a demographics geographer at Ryerson University, many ethnic enclaves in the 905 have become "multi-centric," meaning a dominant group has more than one cluster, often surrounding an ethnic mall or plaza, in a single municipality, sharing the space with mixed neighbours.

"These businesses may be owned and operated by the Chinese and viewed as ethnic businesses, but they are not only targeting Chinese clients," said Wang.

"Sometimes because of city planning and zoning, not all areas can get permits for development.

People cannot start their own enclave and have to add to the existing," added Wang, explaining the emergence of mixed ethnic hubs in the 905. TORSTAR NEWS SERVICE

Eat, pray, love

"The Greektown is not Greek; Chinatown is not Chinese. They are just ethnic business enclaves where you go, eat, play, have fun and go home."
Ryerson University professor Sandeep Agrawal

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Grant spent wisely, TDSB maintains

The Toronto District School Board says it spends $103 million of a special $143-million grant on students with the highest need, not $40 million as claimed in a report by Social Planning Toronto.

The board also says it spends a full 95 per cent of the funding it gets for English-as-a-second-language programs for the intended purpose, not 75 per cent as the advocacy group has charged. The discrepancy over how much the board spends on vulnerable students from the "learning opportunities grant" may spring from which programs are counted in the total, noted board spokesman Ryan Bird. The board said it includes the Model Schools for Inner Cities program, which gives extra support — pediatric and hearing clinics, parent outreach — to more than 100 needy schools. Also included are nutrition programs, specialist high skills major programs to engage struggling high school students, after-school tutoring and top-up dollars for schools in poor neighbourhoods.

Quoted

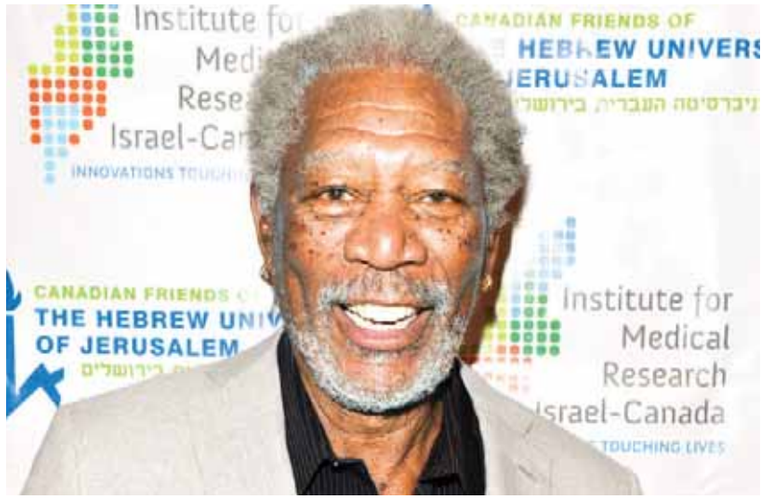
"We can always do better — we still have about 25 per cent of students who don't complete high school — but we've made great strides."

Shaun Chen, TDSB's vice-chair

Other initiatives funded are board-wide equity, inclusiveness and urban diversity programs, some safe school initiatives, some professional support services such as counsellors and youth workers, some translation and community services and funding for teacher leaders specializing in making schools "effective."

In contrast, Social Planning Toronto counted only the Model Schools initiative, a special learning opportunities grant supplement for each student in certain schools in high-risk neighbourhoods and special extra "learning opportunity" teachers assigned to schools with high needs; programs clearly related to the grant.

TORSTAR NEWS SERVICE



Freeman holds The Key (of Knowledge Award)

Celebrated actor Morgan Freeman arrives at the Canadian Friends of the Hebrew University of Jerusalem gala in Toronto on Monday night. Freeman received The Key of Knowledge Award for his work combating racism and promoting education. COURTESY OF GEORGE PIMENTEL

Cabbagetown murder

T.O. police offer $50,000 reward

Toronto police are offering a $50,000 reward for information leading to an arrest in the Cabbagetown murder of Nighisti Semret last year. Police are asking the public for details on any man matching the suspect's description who may have badly injured his hand or arm. He possibly didn't get treatment as suspects are typically wary of questions asked by medical staff, police say. TORSTAR NEWS SERVICE

Funding crisis

Italian newspaper suspended

One of Canada's oldest community newspapers has suspended its operations as of Saturday, a month short of its 59th anniversary. Corriere Canadese's suspension followed an announcement by the 40,000-circulation weekly Canadian Jewish News to stop publishing its print edition after June 20. The 53-year-old paper cited shrinking subscriptions and declining advertising revenues. TORSTAR NEWS SERVICE

6 years

Trainer jailed for drugging ex-girlfriend

A one-time fitness trainer who laced his ex-girlfriend's drink with an anti-anxiety drug while visiting her apartment, then sexually assaulted her, has been jailed for six years. Fabrice Demodenga, 32, rekindled a friendship with his ex-girlfriend, who made it plain she didn't want to have sex, Justice Katherine Corrick said. TORSTAR NEWS SERVICE

Leafs fan assaulted in Boston, witnesses say

Kyle Hay and his buddies at the game in Boston on Saturday night. Hay is on the far right with the blue "C" on his jersey. FACEBOOK PHOTO

Humiliating. Fan says he's embarrassed he got sucker-punched wearing Leafs colours

A Toronto Maple Leafs fan got KO'd in Boston after Toronto's 4-2 victory over the Bruins in Game 2 of their Stanley Cup playoffs series.

Nice birthday present. Kyle Hay had just turned 23. Two days after Saturday's incident, he's still "a little sore in the back of my head," he said.

A video has also been making the rounds of the Oshawa native lying prone on the floor after apparently being sucker-punched following the game and had more than 55,000 views on YouTube on Monday. You don't see the punch. You just see Hay lying unconscious.

Witnesses say Hay had been assaulted by an angry Bruins fan. That fan was thrown down the stairs by a friend of Hay's and he hasn't been seen since.

Hay was taken to hospital with a swollen cheek and cut in his mouth. He says he got three staples in the back of his head and suffered a concussion.

Hay told Torstar News Service on Monday that he and his six friends were wearing Maple Leaf jerseys, masks and wearing their hair in Mohawk-style. The trouble didn't start immediately. But it didn't take long before fans began throwing objects at them and heckling them.

TORSTAR NEWS SERVICE

Harrowing account

Leafs fan Kyle Hay remembers celebrating the Game 2 win, but the next few moments are a blank. From friends' accounts, he learned that as they descended from their seats, they saw a man "charge at me and sucker-punch me in the left side of the face.... According to paramedics, I was knocked out from three to five minutes," Hay said.

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NDP hotline swamped: Horwath

People are swamping a toll-free hotline and a website set up by Ontario's New Democrats to gather feedback on whether or not to support the minority Liberal government's budget or force an election, NDP Leader Andrea Horwath said Monday.

"Notwithstanding where people sit on the issue of an election or not an election, what they all pretty much agree with is this government needs to be held to account,'' said Horwath.

"The (Liberals) are not very trustworthy when it comes to prioritizing Ontarians' dollars to get things done for them, as opposed to using those dollars for their own political interests."

Some in the NDP caucus feel the government should be defeated for spending at least $585 million to cancel gas plants to save Liberal seats in Oakville and Mississauga, but others want to support a budget that addressed many of their party's concerns.

The general public seems split on the election issue itself, said Horwath.

The Liberals addressed most of the NDP demands in the budget by promising a cut in auto-insurance premiums, increased welfare rates and more money for home care services, but with sometimes vague wording that worries many New Democrats.

THE CANADIAN PRESS

Four-legged heroes honoured

Snickers, a four-year-old Border Collie/Pointer cross from Oshawa, is shown at the 45th annual Purina Animal Hall of Fame announcement in Toronto on Monday. Four dogs were inducted for extraordinary actions they took to protect a human life. Snickers raised the alarm after finding his owner, Gregory Gould, unconscious on the floor of his home.

CHRIS YOUNG/THE CANADIAN PRESS

BELEAF IT OR NOT: GOOGLE LOVES THE LEAFS

Google searches for Leafs jump by 300 per cent

If you ever doubt the power of the playoffs, just ask Google.

Since the Maple Leafs made their first post-season since 2004, searches for the team have skyrocketed. In the past, queries for the Buds have flatlined in April as the players trade their sticks for golf clubs. However, this time around, searches are outpacing previous years by as much as 300 per cent.

Fandemonium Rock-solid out East

Leaf-related searches were of course popular in Ontario, but according to Google, the highest concentration of blue and white fans in the country can be found in Newfoundland. In fact, the Rock led all provinces in per-capita searches for "Maple Leafs" in April.

Habs outpaced

As if making the playoffs wasn't enough, the Leafs also appear to be gaining ground on their national rival. Although they are often Canada's most-Googled team during the regular season, the Leafs tend to lose that mantle to the Montreal Canadiens come playoff time. Heading into the first round, however, searches for the Leafs outpaced the Habs, as well as the Ottawa Senators and Vancouver Canucks by as much as 3-t-1.

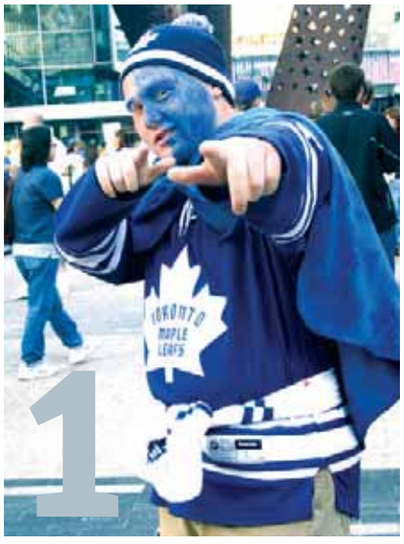
METRO ONLINE

FANDEMONIUM: LEAFS VS. BOSTON

Fans hope their superstitions give Leafs the magic

ALL PHOTOS BY PHOEBE HO/FOR METRO
toronto@metronews.ca

From left, Cory Mitchell, Ross Cutlener, Jessica Balsom, Andy Moore and Brandon Hunt wait to enter the Air Canada Centre to watch the Toronto Maple Leafs play the Boston Bruins on Monday.



1. RYAN HICKEY, 18, STUDENT

"On game night, I only paint my left face blue. It's always worked. When I was little, I did it and they won a playoff game against Philadelphia. I've been doing it every playoff game."

2. JOSH GRANT, 19, STUDENT

"As long as the Leafs are in the playoffs, I'm not showering. That's my thing this year. It's been a week now, I smell great."

3. CHARLES DONSKOY, 46, CLERICAL STAFF

"On Saturday before they were on, I took a shave a couple of hours before they won. So today after I left work, I went to the washroom, took a shave again."

4. BLAKE SANDERSON, 19, STUDENT

"I will be wearing one pair of underwear the entire time they're in the playoffs. I did it the first time nine years ago — they lost, but that could've been a bad pair of underwear. This year, I've got a special pair of underwear. They were $50, and blue-and-white. I splurged."

5. JESSICA BALSOM, 24, SCHOOL TEACHER

"We have a dog — his name is Gilmour, we named him after the Leafs. And he has a Gilmour jersey, so we put on his jersey and we put on our jerseys every game."

6. TARAS BABLAK, 21, STUDENT

"Whenever the Leafs score, I can't change anything in my house. If you're not beside me when the Leafs score, you're not beside me for the rest of the game."

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Sheepskates? University counting coins instead of sheep after budget sheared

The University of Saskatchewan is looking for someone to buy their flock of 300 sheep as recent cutbacks are forcing them to relocate the animals.

According to Mary Buhr, Dean of the College of Agriculture and Bioresources, it costs the U of S roughly $100,000 annually to keep the flock on campus. And while other livestock bring in research dollars to help offset their costs, the flock brings in little funding.

"We have dairy cattle, we have beef cattle, we have turkeys, we have chickens and we have the sheep. When we look at the expenses ... (the sheep) are used for some teaching, but we don't get a lot of research done with them."

To meet the needs of students and researchers, the school will borrow small groups of sheep for limited periods.

For sale: 300 head of prime sheep. CONTRIBUTED/UNIVERSITY OF SASKATCHEWAN

Fiona C. Buchanan, who taught the Sheep and Goat Management course, feels the sale will have a negative effect.

"The students that went through this year's sheep and goat course will have a much better experience than people in the future," she said.

MORGAN MODJESKI/METRO IN SASKATOON

Oppan Canada. Gangnam Style? Oh, you're welcome, South Korea: Minister

A senior Conservative cabinet minister says if it wasn't for Canadian soldiers who risked their lives fighting communism, the world might never have had the last year of goofy, unadulterated joy dancing to Gangnam Style.

In an interview broadcast on Radio-Canada on Sunday, Veterans' Affairs Minister Steven Blaney said the hit song by South Korean singer Psy would have never been possible if international forces hadn't vigorously defended the country against communist North Korea in the war that ran from 1950 to 1953.

Blaney's comments came after a ceremony in Quebec City to honour naval veterans who took part in the blockade of Nazi Germany.

Special thanks to...

"There wouldn't be a Gangnam Style if we hadn't had the sacrifice of Canadians, members of the United Nations."

Veterans' Affairs Minister Steven Blaney

A government official said the remarks came in a question period with reporters, in which Blaney described a recent trip to South Korea.

TORSTAR NEWS SERVICE

Legless man begins his 300-km odyssey

We Walk 4Water.
Edmonton-to-Calgary journey will raise cash for clean drinking water

PATRICK NGUYEN
For Metro in Edmonton

After climbing Mount Kilimanjaro last summer to raise money for clean water, legless motivational speaker Spencer West began a new charitable journey on Monday, this time in Alberta.

West kicked off We Walk 4Water at Johnny Bright School in Edmonton, speaking to more than 1,000 students, teachers and parents.

At the age of five, West lost both of his legs to sacral agenesis, a genetic disorder, and doctors said he would never be a functioning member of society. He credits this verdict as one of his main motivators, and it's led to one of the main messages he sends.

"Recognize that we all have the ability to make a difference in the world, regardless of who you are or where you come from," said West.

When asked about his cause, West said, "Clean water is really the key to everything. So if we can provide clean water, then (children) can focus on education, they can focus on living their life."

West will be making the 300-kilometre walk on his hands and in his wheelchair with best friends David Johnson and Alex Meers, stopping at many towns along the way.

Spencer West, centre, flanked by best friends David Johnson and Alex Meers, about to begin their walk at Johnny Bright School. PATRICK NGUYEN/FOR METRO IN EDMONTON

Spencer will finish the We Walk 4Water trek on May 16 in Calgary, stopping at local schools every weekday during the trip.

For more

Follow the journey online at metronews.ca

Brothers in arms

West won't walk alone

West will be joined by Canadian singer Nelly Furtado; Free The Children co-founder Craig Kielburger; and Aislinn Paul and Munro Chambers of Degrassi.

Kielburger called his organization "the world's largest network of children helping children," referring to their challenge for every student to raise $25; enough to provide someone with clean water for life.

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Sleep is for suckers. Caffeinated food gaining steam

Caffeine fiends needn't rely on beverages anymore.

An increasing number of foods with added caffeine have become available in the U.S., according to the Food and Drug Administration. In Canada, caffeinated gum and chocolate were recently given temporary approval from Health Canada.

The growth comes despite intensified government monitoring and medical warnings about overconsumption of caffeine.

TORSTAR NEWS SERVICES

A few years ago, three former employees of PepsiCo Canada and Kraft Canada took note of growing demand for "functional foods," from energy drinks with caffeine and amino acids, to yogurt with probiotics.

"We wanted to create a product that tasted great and had the pick-me-up of a cup of coffee, not anything extreme," said Matt Schnarr, one of the founders of Awake Chocolate.

This year, they started shipping to stores in the U.S., joining caffeinated foods there, including Jelly Belly Extreme Sport Beans, Wired Waffles and Cracker Jack'd Power Bites.

TORSTAR NEWS SERVICES

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Ex's e-lies killed my rep: Teacher

Lee David Clayworth and Lee Ching Yan ERIC DREGER/THE CANADIAN PRESS; FACEBOOK

Cybersmear. Man won damages in Malaysian court for ex-girlfriend's characterizations of him as child molester, pedophile, pervert

A Vancouver teacher whose ex-girlfriend has been spreading malicious lies about him online for the past two and a half years says her non-stop harassment is hurting his career prospects.

Lee David Clayworth, 35, was teaching in Malaysia in 2010 when he met Lee Ching Yan, now 29, online. He says a few weeks into the relationship she began acting aggressive, vindictive and controlling, and when he broke up with her, she broke into his apartment.

"She stole my laptop, she stole my hard drive, my passports, my money, all my clothes."

Weeks later, Clayworth found out that Yan had hacked into his email and Facebook accounts and sent an email to all of his contacts — including coworkers, managers, and some students — posing as him and claiming to have had a sexual encounter with a 15-year-old student. She also posted a nude photo of him to his Facebook page that she had snapped of him in the shower without his permission while they were on vacation.

About a month later, Clayworth discovered Yan was posting hundreds of comments about him on sites like filthy liar.com and datingpsychos.com, calling him a child molester, a pedophile, a pervert and a sex maniac. He said at that point deleting them turned into a full-time job.

He successfully sued Yan for defamation and a Malaysian court ordered her to pay the equivalent of $66,000 in damages. But her relentless cyberstalking continued. Yan was later found guilty of contempt of court and sentenced to jail, but she skipped the country.

Clayworth said that he has been looking for teaching work since January without luck, and is worried the smear campaign is scaring off potential employers. KATE WEBB/METRO

Utah

DA weighs charges in soccer referee death

A Utah prosecutor says he plans to decide within a day or two what charges to file against a teenager accused of punching a soccer referee who later died after slipping into a coma.

The district attorney says he and his team are reviewing the evidence and state statutes to determine charges. He says there are strict rules to follow because the suspect is a juvenile. The teen is in juvenile detention on suspicion of aggravated assault. He may face more severe charges.

THE ASSOCIATED PRESS

First-degree murder

Casey Anthony should've been convicted: Judge

The judge who presided over the trial of Casey Anthony says he believes there was enough evidence to convict the Florida mother who was acquitted almost two years ago of murdering her two-year-old daughter.

Judge Belvin Perry told NBC's Today show on Monday that he believes there was sufficient evidence for a first-degree murder conviction, even though much of it was circumstantial.

The trial attracted worldwide attention.

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Anti-Kremlin protesters call out Putin in Moscow

Russia. Thousands support jailed comrades, who face multi-year prison sentences for role in last year's protests

Around 20,000 Russian opposition supporters gathered for a protest on Monday, venting anger against the Kremlin and demanding the release of political prisoners.

Exactly a year ago, a protest on the same square the day before President Vladimir Putin's third presidential inauguration ended in violent clashes between demonstrators and police.

Participants in Monday's rally, which went peacefully amid heavy police cordons, urged the authorities to free more than two dozen people facing criminal charges over their involvement in the protest a year ago.

Russian police detain an unidentified man during a protest rally in Bolotnaya Square in Moscow on Monday. IVAN SEKRETAREV/THE ASSOCIATED PRESS

Since Putin returned to the presidency, authorities have initiated criminal proceedings against opposition activists and the Kremlin-controlled parliament has quickly approved a series of repressive bills that sharply hiked fines for participation in unauthorized rallies and imposed new tough restrictions on civil society activists.

Alexei Navalny, an opposition leader who is facing a trial on embezzlement charges he said were fabricated on Putin's orders, urged the demonstrators Monday to "throw (Putin) out of the Kremlin."

He ended his speech with a chant "Russia will be free!" that was repeated by the crowd.

THE ASSOCIATED PRESS

Prehistoric justice. Stolen Tyrannosaurus skeleton returned to Mongolia

U.S. authorities in New York are returning a 70-million-year-old Tyrannosaurus skeleton to the Mongolian government this week.

The artifact will be flown to its native land free of charge via Korean Air, U.S. and Mongolian officials said Monday while announcing the repatriation of the priceless artifact.

"We are very pleased to have played a pivotal role in returning Mongolia's million-dollar baby," U.S. Attorney Preet Bharara said. "Of course, that million-dollar price tag, as high as it is, doesn't begin to describe the true value of an ancient artifact that is part of the fabric of a country's natural history and cultural heritage."

The skeleton had been looted from Mongolia's Gobi Desert and illegally smuggled into the U.S. by fossils dealer Eric Prokopi, authorities said. Prokopi, who bought and sold whole and partial dinosaur skeletons out of his Florida home, illegally imported the bones into the U.S. then assembled them into a skeleton, authorities said.

THE ASSOCIATED PRESS

Bolortsetseg Minjin, director of Mongolia's natural-history museum, examines the Tyrannosaurus bataar skeleton in New York, Monday. THE ASSOCIATED PRESS

Alleged hit-and-run

U.S. bishop arrested on drunk-driving charges

The leader of a Roman Catholic Diocese was arrested over the weekend on a drunken-driving charge after an alleged hit-and-run accident.

Worcester, Mass., Bishop Robert McManus, 61, was arrested Saturday night in the neighbouring state of Rhode Island.

After the accident, the driver of the other vehicle followed McManus and called police, who arrested McManus at his nearby vacation home, police said. In a statement Monday, McManus said he "made a terrible error in judgment" by driving after drinking wine at dinner.

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Bishop Robert J. McManus THE ASSOCIATED PRESS

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PETA puts the need to spay on display

Pet protection.
Animal-rights group finds colourful way to urge owners to have their pets fixed

Two PETA members dressed as giant condoms hand out leaflets in Calgary on Monday urging people to have their pets spayed or neutered. JEFF MCINTOSH/THE CANADIAN PRESS

Bob Barker would be proud.

The former host of The Price Is Right would end every show with a message urging people to spay or neuter their pets. In Calgary on Monday, a pair of giant dancing condoms were putting on a performance along a busy downtown street to drive that message home.

One sign read "Condoms won't work. Fix your dog," and the other, "Condoms won't work. Fix your cat."

"This is just a fun and upbeat way to remind people that for us, preventing pregnancy is as easy as wearing a condom, but cats and dogs can't open the wrapper," said Emily Lavender, a spokeswoman for People for the Ethical Treatment of Animals. "This is just a reminder that we can help prevent tens of thousands of animals that are dying in shelters across Canada and in the streets simply by spaying, neutering and adopting." THE CANADIAN PRESS

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Cyber-attacks. Pentagon ratchets up accusations against Beijing

The Pentagon for the first time used its annual report on China to directly assert that Beijing's government and military have conducted computer-based attacks against the U.S., including efforts to steal information from federal agencies.

The Pentagon report, released Monday, said China is using its cyber capabilities to collect intelligence against U.S. diplomatic, economic and defence programs.

And the report warned that the computer skills needed for such espionage is similar to those needed to conduct cyber-warfare.

THE ASSOCIATED PRESS

Secret unit

In February, U.S.-based cyber-security firm Mandiant issued a report accusing a secret Chinese military unit in Shanghai of cyber-attacks against more than 140 companies, most of them American.

Bangladesh building

Owner could face murder charges

Bangladeshi police are investigating possible murder charges against Mohammed Sohel Rana, the owner of a shoddily built building that collapsed nearly two weeks ago, after the wife of a garment worker crushed in the accident filed a complaint.

Officials said Monday the death toll had reached 645.

Officials say Rana illegally added three floors and allowed factories to install generators, vibrations from which are thought to have contributed to the collapse.

THE ASSOCIATED PRESS

Separatists using violence to derail Pakistani elections

Children watch a soldier standing guard Monday at an entrance of a compound where an election rally is to be held in Quetta, Pakistan. Graffiti on walls around this Pakistani provincial capital warn that "voting means death" in this weekend's elections. ARSHAD BUTT/THE ASSOCIATED PRESS

Restive Baluchistan. Insurgents target fellow Baluchs seen as traitors for agreeing to participate in the vote

The graffiti on walls around the Pakistani provincial capital of Quetta hold a dire warning ahead of this weekend's national elections: "Voting means death."

It's a very real threat: Over recent weeks at least six people have been killed and around 40 wounded in bombings and grenade attacks targeting candidates.

Ethnic Baluch separatists who have waged a bloody insurgency trying to win independence for the vast, sparsely populated province of Baluchistan are seeking to derail the vote with a campaign of violence. Saturday's election has thrown into sharp relief a question that has divided the country's Baluch ethnic minority: Can the community win their rights at the ballot box or is the only solution a violent campaign to break away from Pakistan?

Meanwhile, a bomb blast tore through a political rally held by an Islamist party in northwest Pakistan Monday, in an attack claimed by the Pakistani Taliban that killed 16 people and underscored an increase in violence ahead of the May 11 vote.

The explosion, at a rally held in the village of Sewak in the northwest Kurram tribal area, was the latest attack on candidates, political offices and election-related events as the vote approaches. Much of the violence is believed to have been carried out by the Taliban against three liberal and secular parties. But Monday's blast targeted a gathering of the Jamiat Ulema-e-Islam party, which generally has a more favourable relationship with the militant group.

THE ASSOCIATED PRESS

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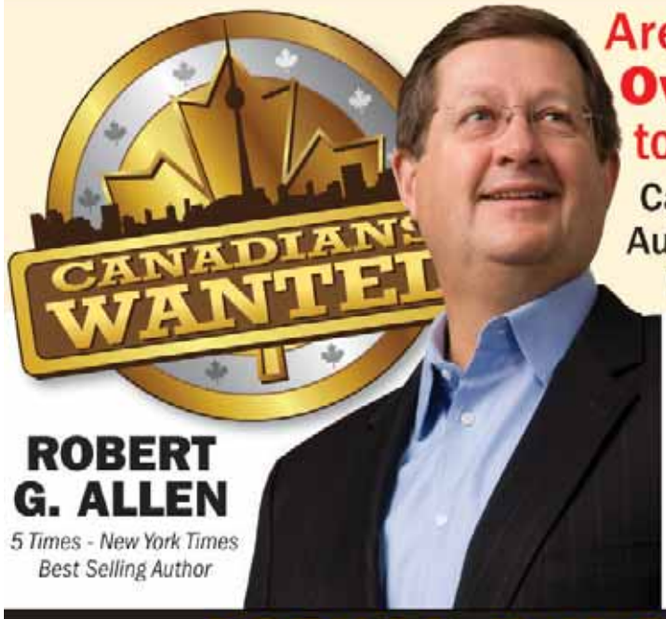

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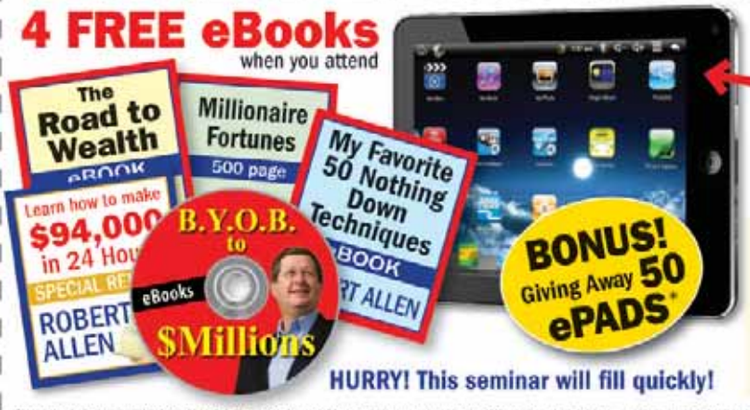

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Alberta. Redford draws flak for school speeches warning against Wildrose

Alberta Premier Alison Redford. CHARLES DHARAPAK/THE ASSOCIATED PRESS

Alberta Premier Alison Redford is defending her decision to warn young schoolchildren to beware of her political opponents.

Redford, facing criticism from all political parties that she is debasing the office of premier, told the house in question period she won't apologize for reminding people whom they voted for.

Redford was criticized on radio shows and editorials last week for using taxpayer-funded government announcements of new schools to deliver speeches to children warning them that the opposition Wildrose party won't, in her words, build anything. THE CANADIAN PRESS

Canada

Military watchdog needs access to be effective: Report

The military police watchdog has told Parliament it still does not have the authority it needs to discharge its mandate, despite recent changes to the law.

The Military Police Complaints Commission says there remain "significant gaps" in its power to pry documents out of the federal government when conducting a public investigation. The commission's annual report was tabled before Parliament Monday. THE CANADIAN PRES

Dame Helen Mirren delivers royally blue tongue-lashing

Helen Mirren plays Queen Elizabeth II in The Audience. THE ASSOCIATED PRESS

Theatre. In full costume, actress lectures percussionists for interrupting her performance as monarch

A troupe of street drummers got a shock when Helen Mirren, dressed as Queen Elizabeth II, emerged from a London theatre to berate them for disrupting her show.

Mirren is starring in The Audience, a drama about the weekly meetings between the queen and Britain's prime ministers over her 60-year reign.

Outside noise became too much for the actress to bear during Saturday's performance. Mirren acknowledged to the Daily Telegraph newspaper that she used less-than-royal language in her rant.

"I'm afraid there were a few 'thespian' words used," Mirren said. "They got a very stern royal ticking off but I have to say they were very sweet and they stopped immediately.

"I felt rotten, but on the other hand they were destroying our performance so something had to be done."

The drummers were marching through London's West End for As One in the Park, a gay music festival being held later this month. "Not much shocks you on the gay scene," parade organizer Mark McKenzie told the Telegraph. "But seeing Helen Mirren dressed as the queen cussing and swearing and making you stop your parade — that's a new one." THE ASSOCIATED PRESS

The Queen's English

"I'm afraid there were a few 'thespian' words used."

Helen Mirren describes scolding a group of drummers on Saturday

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New York jumps on bike-sharing bandwagon

Commuting. Program will be largest of its kind south of border

New York City, with its constant hum of subways, buses, cabs and ferries, has long had one glaring exception to its many transportation options: bicycles for the masses.

But bike sharing is finally coming to the Big Apple, which could help the city overcome its reputation as a commuter obstacle course of speeding cabbies, horn-honking drivers and sharp-elbowed pedestrians who treat crossing signals as a mere suggestion.

City officials say the U.S.'s largest bike-sharing system will begin sometime this month with 6,000 bikes at 330 stations in Manhattan and parts of Brooklyn, with plans to expand eventually to 10,000 bikes and 600 docking stations in Manhattan, Brooklyn and Queens. "When you talk about scale, no other U.S. city comes close," says Jon Orcutt, policy director at the city's Department of Transportation, which is overseeing the launch of the program.

Officials hope the privately funded bike-sharing program will add riders to the more than 1,130 kilometres of bike lanes throughout New York and will be used by one-way commuters and round-trip tourists alike.

THE CANADIAN PRESS

No need to let the pharmacist know what's up: Pfizer starts direct Viagra sales in U.S.

Men who are bashful about needing help in the bedroom no longer have to go to the drugstore to buy that little blue pill. In a first for the drug industry, Pfizer Inc. will begin selling its erectile dysfunction pill Viagra — pictured here on top of counterfeit pills — directly to U.S. patients on its website. Men will still need a prescription to buy the pill on viagra.com, but they no longer have to face a pharmacist to get it filled. The plan to sell directly to consumers will not extend to Canada. WILLIAM VAZQUEZ/PFIZER/THE ASSOCIATED PRESS

Wind and solar farms

WTO rules against Ontario's green energy legislation

The federal and Ontario governments are reviewing a ruling by the World Trade Organization that made-in-Ontario provisions of the province's green energy laws contravene international guidelines.

But there are no immediate plans to change the legislation, Ontario Energy Minister Bob Chiarelli said Monday. The legislation has created tens of thousands of jobs in the province, he said, but wouldn't say whether the WTO ruling could grind that to a halt.

Japan first brought the case in 2010, arguing that a provision requiring made-in-Ontario parts for wind and solar farms breaches international trade law.

THE CANADIAN PRESS

Market Minute

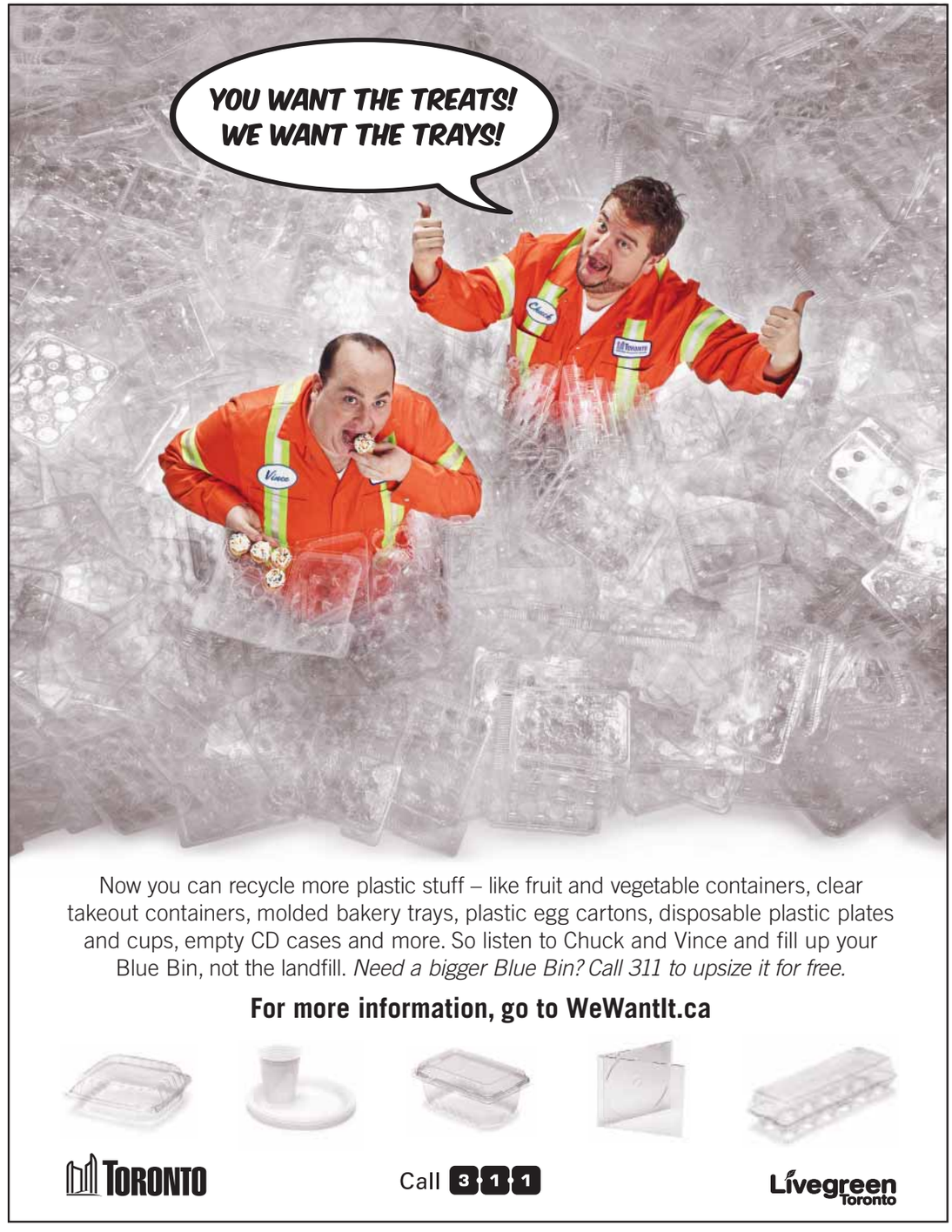
DOLLAR
99.32¢
(+0.09¢)

TSX 12,453.92 (+15.89)

OIL $96.16 US (+55¢)

GOLD $1,468 US (+$3.80)

Natural gas: $4.03 US (-1¢)
Dow Jones: 14,968.89 (-5.07)



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DON'T ASK ME TO PAY FOR YOUR WEDDING

SHE SAYS

Jessica Napier
metronews.ca

Stag and doe, wedding social, Jack and Jill — call it what you will, but the concept is generally the same.

If you are of a certain age, chances are your Facebook feed is littered with party invites to events designed to help raise money for a newly engaged couple's upcoming wedding. These pre-wedding fundraisers are a time-honoured tradition in certain parts of the country — particularly in Manitoba, where hosting a "social" before the big day is the norm.

Friends and acquaintances are invited to a local hall or community centre and are expected to cough up cash for entrance fees, drink tickets, raffle prizes and money-making games like dollar dances. Profits go to the bride and groom to help pay for wedding expenses or their honeymoon.

Fundraising for your nuptials might be customary in some communities, but these sorts of events have mixed reviews among attendees. Some might say there's no harm in getting together for some good old-fashioned fun to help out friends, especially if the party isn't that much more expensive than an average night out at a bar. Others argue that crowdfunding your wedding reception is tacky.

While wedding etiquette is always up for debate, something about this blatant money grab leaves a bad taste in my mouth. I'm all in favour of for-profit partying for a good cause, but if you have to fleece your friends and family for cash to pay for your wedding photographer, then perhaps you need to re-evaluate the budget for your big day.

Couples ask their wedding guests to open up their wallets plenty of times leading up to the I-dos — for bridal showers, bachelor and bachelorette parties, wedding gifts, travel expenses and more. But asking these same guests (and worse, people who aren't even invited to your wedding) to help generate the cash to fund your elaborate centrepieces just seems tasteless.

A wedding can be as cheap or as expensive as you want it to be; in the end it's all about priorities. Financial support might come from the bank or maybe your parents, but ultimately it is the couple themselves who should take care of their own expenses. Adults shouldn't decide to have a wedding — or a certain type of wedding at least — unless they're prepared to take on the financial responsibility.

If you don't have enough money for that particular Swarovski-crystal encrusted gown or that extra layer of cake, then you make compromises or wait until you're more financially stable. You don't turn to friends and family and ask them to bankroll your big day.

Customary maybe, but is it right?

Fundraising for your nuptials might be customary in some communities, but these sorts of events have mixed reviews among attendees.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Brood II: 17 years in the making

Billions to emerge from earth — but don't worry!

Any day now, billions of cicadas with bulging red eyes will crawl out of the earth after 17 years underground and overrun the East Coast. The insects will arrive in such numbers that people in the southern state of North Carolina, to Connecticut in the northeast, will be outnumbered roughly 600-to-1 — maybe more. Scientists even have a horror-movie name for the infestation: Brood II. But as ominous as that sounds, the insects are harmless.

THE ASSOCIATED PRESS

Putting the 'cad' in cicada

They're looking for just one thing: sex. And they've been waiting quite a long time.

The males come out first. They perch on tree branches and sing, individually or in a chorus. Then when a female comes close, the males change their song, they do a dance and mate. The males keep mating ("That's what puts the 'cad' in 'cicada,'" entomologist Mike Raupp jokes) and eventually the female lays 600 or so eggs on the tip of a branch. The offspring then dive-bomb out of the trees, bounce off the ground and eventually burrow into the earth, Raupp says. THE ASSOCIATED PRESS

Click bait

HANNAH ZITNER
hannah.zitner@metronews.ca

With marathon season now in full swing, runners are lacing up and hitting the pavement. Whether you're chasing the runner's high to qualify for Boston or just trying to get in shape, there's no shortage of online hubs to keep you on track.

Draft Magazine:

As the name suggests, this site isn't wholly about running — but not all runners are puritanical all the time. For runners whose idea of interval training is sprint, drink, rest, repeat, The Beer Runner blogs about PB (personal bests) as well as PBRs. (draftmag.com)

iRunner:

iRunner sets itself apart from other blogs in the jog-o-sphere with its bi-monthly Twitter chat. Though the site covers the usual topics, from ramping-up speed to post-race recovery, #RunChat gives you a bit of face-time with the brains behind the blog to get your real questions answered. (iRunnerblog.com)

Daily Mile:

Kind of like a digital run club, the Daily Mile is a community of runners (cyclists and triathletes welcome too) sharing tips, routes and work-outs. Don't want to join the club? You can still read refreshing run reports from featured "Daily Miler's of the Week." (dailymile.com)

Tweets

@metropicks asked: Montreal held its first-ever gathering of redheads, which attracted hundreds of participants. Who should be the community's ambassador?

@Kyle_Lesponts:
#youppi #habssuck

@FrenchmanCanada:
@shaunmajumder I'm sure he secretly is a redhead.

@lyinatnight:
anne of green gables

@ruggles79:
Carrot Top. Nuff said...

@matty7films:
Rita Macneil (RIP) should be honoured for her voice and her natural red hair which she took with her to mermaid-land.

@ kingperry
Conan O'Brien suits this role nicely.

@marcuscarab:
Eric Cartman, obviously

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
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metro

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DVD reviews

Jack Reacher

Director. Christopher McQuarrie

Stars. Tom Cruise, Rosamund Pike, Richard Jenkins

●●●○○

Tom Cruise plays a vigilante anti-hero drawn from a novel series by the author Lee Child, books so pulpy they almost leave juice stains on the pages. Jack Reacher is an ex-cop, ex-military hard nut who travels by bus around America, violently defending the weak and innocent against the strong and culpable. Blunt as a fist (his preferred weapon) and resistant to romance, Reacher is also something of a phantom, erasing his tracks and severing personal ties. The story by writer/director Christopher McQuarrie is about bringing a crazed sniper to justice, albeit a "justice" not concerned with the civility of law. Cruise makes a convincing Reacher, despite standing a good nine inches shorter than the man's 6-foot-5 height in the novel series. More important, Cruise stands and delivers, making you believe that he can take on five guys in a parking-lot brawl while barely cracking a sweat. The film bloats at times, but Cruise doesn't.

PETER HOWELL

Robert DeLong just has that 'X' factor

Revenge of the nerd. Don't call Electronic Dance Music's new king a DJ. The 26-year-old is out to prove that dorks rule

RICHARD PECKETT
Metro World News

Robert DeLong — not quite the anti-Guetta. GETTY IMAGES

Dubbed the "thinking man's Guetta," Robert DeLong's rehearsal space is strewn with techy paraphernalia. Beyond the instruments, there's the weird stuff: a joystick and Wiimote rigged to laptops and vines of entangled cabling. It's like being invited to the weird kid's house who's already started experimenting with homemade bongs — disconcerting but alluring. This is Robert's den, a paradise for techy junkies. If you're wondering what he gets up to with his joysticks, watch and listen to the Happy track — fast and furious fingering for your aural pleasure. Quirkiness aside, the self-confessed nerd behind recent album Just Movement is awkwardly honest about his cultish following, geeky tendencies and flirtation with fame.

Talk me through your look — it's pretty chilled out — what's the thinking? And what's with the face paint?
I've had this hairstyle for over a decade now. Well, the whole T-shirt thing and the face paint thing came from my girlfriend really, she painted this X sort of thing on my headphones and it went from that to T-shirts and face paints.

Anything more symbolic?
I wish there were.

Would I be right in saying that you keep your look pared-down to keep your set just about the music?
I suppose in a way. I like having a uniform essentially. It's pretty simple but also memorable.

Are you starting to get a cult following of fans in your Tees with painted faces?
Yeah, it's picking up. It's cool; it's crazy.

You've said before that you're a "nerd." Does that mean you enjoy your own company?
I did spend a lot of time alone, I guess. We lived kind of far from anybody in the outskirts of Seattle, so I spent most of the time running around the yard and playing with my instruments — I was a bit of a nerd.

You've also got a bit of a thing for toys — joysticks and Wiimotes. Were you into computer games as a kid?
I was but not super though. My parents would never let me have a console — which was great, to be honest.

You were more into the techy side of computers?
I used to write text adventure programs: "You come to a tree, do you want to go left or right." They were terrible; they barely worked.

MTV has labelled you one of their "Artists To Watch." Any fans taken the watching part to a creepy level?
Yeah, I've had the strange experience here and there after a show with the weird person following me around.

Have they tried to steal any of your stuff or lunged?
Oooh, the only thing that people steal are my drumsticks but I do throw them at the end at the cymbal and it'll bounce off and hit somebody in the face.

And has that MTV title added any pressure?
I think it's great. You have to go through MTV to get to the masses, so I think it's cool that they acknowledge that I exist.

You've been described as both "the anti-Guetta" and the "thinking man's Guetta." Your sound is more intellectual but do you want a slice of his fame?
I wouldn't say that I'm the anti-Guetta. Money's important to me in the sense that I can buy more gear. Fame is the same thing. If I get famous that means I'm playing to bigger audiences and more people are hearing my music and I love that.

SCENE

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The Breeders are currently on tour and celebrating the 20th anniversary of Last Splash. GETTY IMAGES

Band is back for another Last Splash

Reunions. The Breeders celebrate the 20th anniversary of an album that was the 'last' of its kind

PAT HEALY
Metro World News in Boston

Kelley Deal says that when she found herself in a rehearsal room again with the definitive version of the Breeders after nearly 20 years, she had a revelation.

"I realized that Last Splash was the only album that all of us had played on together," she says of the breakthrough record that the band are celebrating the anniversary of with a deluxe edition and their current tour. "I had never thought about that before."

Deal's twin sister Kim was the band's only constant on all albums. Last Splash was their second release, and their first with both Deal sisters playing on it. After that, the band splintered off and called themselves the Amps after bassist Josephine Wiggs left.

Though the Breeders reformed multiple times over the years, it was never with the rhythm section that gave the band their biggest hit, Cannonball, which kicked the summer of 1993 into gear with a definitive bass riff.

"I've played Cannonball so many times, and I love the way (longtime Breeders bassist) Mando Lopez plays it, and he plays it right, but until we got back with Jo, it just never felt the same way," says Deal.

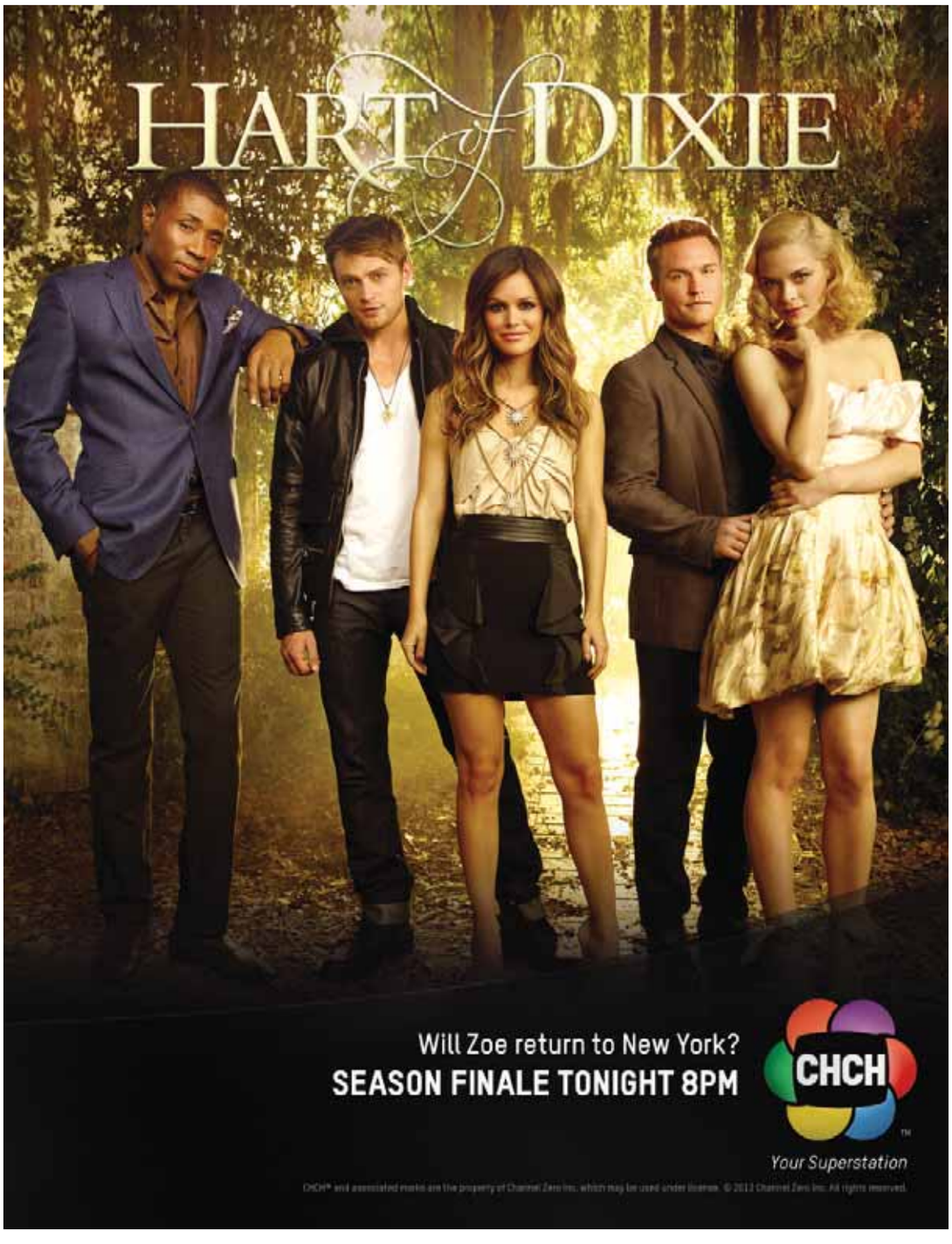
"Because when you're the one who comes up with the part, you really own it. When I play songs from (the Breeders' first album) Pod, it never feels quite right because I didn't come up with the parts."

The energy that Deal discovered in that rehearsal room this year with her old band mates filled her with hope.

"I kept saying, 'Why don't we record more?' But then we realized if we didn't rehearse the Last Splash songs then we'd play them really badly and play really well on these new songs that nobody wanted to hear," she says. Deal says a new album by the classic lineup isn't out of the question for later: "When we were together, it just really clicked."

Upcoming tour dates

- **Toronto.** May 11, The Danforth Music Hall
- **Detroit.** May 12, Magic Stick



Wedding bells

Keira Knightley says 'oui' to Klaxons keyboard player

A French mayor says Oscar-nominated actress Keira Knightley has married James Righton in a small wedding ceremony in southern France. Aime Navello said Sunday the couple followed French tradition when he married them at the Mazan town hall on Saturday. Navello read the service in French and the couple responded in French and English. He said about 10 people were present. Righton is a keyboard player for the rock group Klaxons. He and Knightley got engaged a year ago. Knightley first won notice for her role as a soccer-playing teenager in Bend It Like Beckham.

THE ASSOCIATED PRESS

Southeast Asia

Aerosmith ready to rock where they've never rocked before

Members of the American rock band Aerosmith have arrived in Manila for their first ever concert in Southeast Asia. Lead vocalist Steven Tyler told journalists jostling for pictures on Monday that "I can't wait to play. I can't believe you guys." Aerosmith is performing in Manila on Wednesday, with tickets costing up to 20,000 pesos ($480). The band's show in Indonesia was cancelled, with promoter Ismaya Live citing safety concerns. It was not clear if the decision was connected to an alleged bomb plot targeting Myanmar's embassy in Jakarta. Aerosmith began its Asia-Pacific tour in April in New Zealand and Australia.

THE ASSOCIATED PRESS

The Word

Rage against the dying of the light — or just pick Bieber

THE WORD
Dorothy Robinson
scene@metronews.ca

American Idol producer Nigel Lythgoe will not let the veteran reality TV show go gentle into that good night. Nope. The producer has decided to spend the big bucks to boost the sinking ratings of the show.

So who does he have his eye on? Justin Bieber, Selena Gomez, Pink and Sean "Diddy" Combs, reports RadarOnline.com.

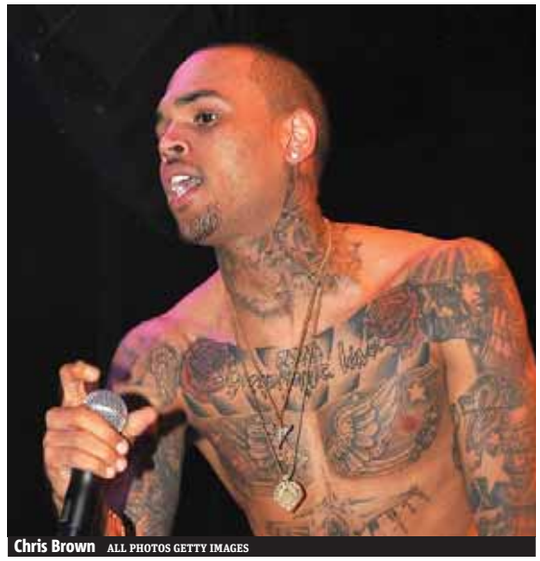
"You can't get any bigger than Justin Bieber. The executives are calling it their dream team because who wouldn't tune in to see Justin and Selena, Pink and Diddy?" a Fox insider tells the site. "Pink has been approached in the past and turned it down as well as Diddy, who wanted too much money. It will cost a fortune to get them, but the show has gotten so stale that Fox is desperate for a revamp — they're willing to pay to put Idol back on top."

That means the current line-up of judges — Mariah Carey, Nicki Minaj, Keith Urban and Randy Jackson — will possibly not be returning. Apparently, the only one who's safe is Ryan Seacrest.

Instead of paying the big bucks for big names, why not pay for big personalities who actually play off of one another and are entertaining to watch?

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Chris Brown ALL PHOTOS GETTY IMAGES

Chris Brown says he's not ready to be "wife-ing" Rihanna

Here is Chris Brown's explanation on breaking up with Rihanna yet again:

"I mean, at the end of the day, shawty doing her own thang, she on the road. It's always gonna be love. I'm a grown man, just gotta fast forward ... I can't be focused on wife-ing someone that young. I need to be the best Chris Brown I can be," the 24-year-old said during a recent interview with Australian radio show The Kyle and Jackie Show.

Wait. Forgive me, as I'm elderly, but you call being a loving and supportive partner "wife-ing"? And that is considered a bad thing? What is called "husband-ing"? Forgetting to take out the garbage?

Big Ang THE MOHEGAN SUN

Mob Wives' Big Ang canoodles with the little people

VH1's Mob Wives star, Angela "Big Ang" Raiola, showed off her ample assets and abs in a leather crop top on Friday night as part of Mohegan Sun's Reality Check Tour where fans got to take part in a Q&A with the star and get her autograph.

I love Big Ang but I'm pretty sure when dermatologists have nightmares, this photo is what they see.

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David, 33, IT consultant, married with 1 child

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Gwyneth Paltrow, your new celebrity chef

Food. The whole no coffee, no bread, no fun approach featured in Gwyneth Paltrow's new cookbook, It's All Good, may be overwhelming, but the recipes are irresistible

ROMINA McGUINNESS
life@metronews.ca

With just a few more weeks to go before beach-body season, we thought we'd share exclusive recipes from Gwyneth Paltrow's latest cookbook It's all Good — specifically ones from the Body Building Menu.

If this meal plan is what helped 40-year-old Gwyneth get a 22-year-old stripper's butt, maybe it'll do the same for us.

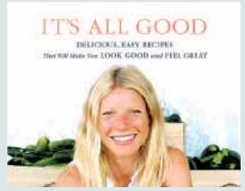
And have you seen Iron Man 3?

She looks amazing, even when the girl is literally on fire.

Looking good and feeling good. HANDOUT

Afternoon snack: A handful of raw almonds

From the foreword



Does this actually work?

DR. HABIB SADEGHI
Physician

We asked osteopathic physician Dr. Habib Sadeghi, who wrote the foreword for It's All Good, to share his thoughts on the elimination diet, a cornerstone of Paltrow's book.

Is this a diet that can be maintained over long periods of time? Do we really need to cut out coffee, meat, dairy and alcohol for good, or can we continue to consume them in small amounts?

"No, it's not possible and not even necessary. There are healing diets and maintenance diets. Their purpose is very different. ... Healing diets, like the elimination diet, help our bodies recover from an illness by providing it with hyper-nutrition, supplementation and digestive rest. It's medicinal."

Top 5

Dr. Sadeghi's top 4 foods for optimum health

1 Organic green vegetable juice: "You can't find a more potent, highly packed nutritious food, full of minerals and antioxidants that are immediately assimilated by the body. Avoid store juices. They're loaded with added sugars and pasteurized, which destroys the enzymes and damages the vitamins."

2 Lacto-fermented foods: "Yogurt, kefir, sauerkraut, kim chi and beet kvass supply large populations of good bacteria to your intestinal track. These probiotics boost your immune system."

3 Dairy: "Raw, unpasteurized dairy provides valuable nutrients for healing and maintenance. Switching from cow to goat's milk can make a big difference because the protein molecules in goat's milk are much smaller and easier for humans to absorb."

4 Wild caught sockeye salmon and grass-fed beef: "Fish oils from wild caught salmon with no risk of heavy metals are extremely important for brain function and anti-aging. Small amounts of beef are important for B vitamins."

Biggest Losers get their rears in gear

Fitness. Jillian Michaels, the Reality television star, says she has "off" days, just like the rest of us

LAURA GOLDMAN
Metro World News

Jillian Michaels coached this year's winner of the Biggest Loser. GETTY IMAGES

Jillian Michaels, the bombastic personal trainer on the reality series The Biggest Loser, is in the midst of a 34-city Maximize Your Life speaking tour. She coached this season's winner, Danni Allen, who lost an astonishing 121 pounds (or 47 per cent of her body weight). Before her appearance in Philadelphia, Michaels answered a few questions for us.

What is the primary reason you have gone on the road, and what can people expect?
I have gone out on tour to talk with people — share their space, energy, thoughts and feelings so I have a direct connection with the audience. I absolutely love this medium and have found it's the absolute best for providing life changing information and inspiration.

Will you be using your signature tough-love approach with your audience?
On The Biggest Loser, I have to be tough; it's a job that involves a life-or-death intervention on a time frame. In all other aspects of my business, like books, podcasts, DVDs and this tour, it's about providing information and inspiration.

Do you ever feel unmotivated?
Sure, I absolutely have "off" days, but I follow the very same steps I am going to teach people during my Maximize Your Life show to stay on track.

What is your favourite exercise and food?
I love parkour and MMA training. I enjoy all kinds of foods in moderation as long as they are as chemical-free as possible.

Keep going

Jillian Michaels' tips for staying motivated are simple. "(I) help people identify the ways in which and reasons why they sell themselves short and hold themselves back. Then I give them the tools and information to attack their inhibitions and unleash their potential so they can blast through obstacles."

- **Identify your "why."** If you have a strong vision of the ways in which your life will improve by staying healthy and following your goals and dreams, you can tolerate anything to get there.
- **Set yourself up for success.** Remove temptation and surround yourself with positive imagery that incentivizes you to continue pursuing your dreams.
- **Manage stress.** Instead of managing stress and sad feelings destructively with food, alcohol or compulsive overspending, nurture yourself in ways that are life-affirming. Get a manicure/pedicure. Take a bubble bath. Give yourself a facial. Engage in hobbies you love.
- **Build support.** This is so critical. We spend most of our waking hours with others. The stronger your support system, the better set up for success you are.
- **Think it through.** When you are about to make a bad choice, stop and think through the consequences of your actions. While ordering a pizza or telling your boss to get lost might sound good in the moment, the lasting ramifications are extremely detrimental and, when thoroughly thought through, help you make better choices.

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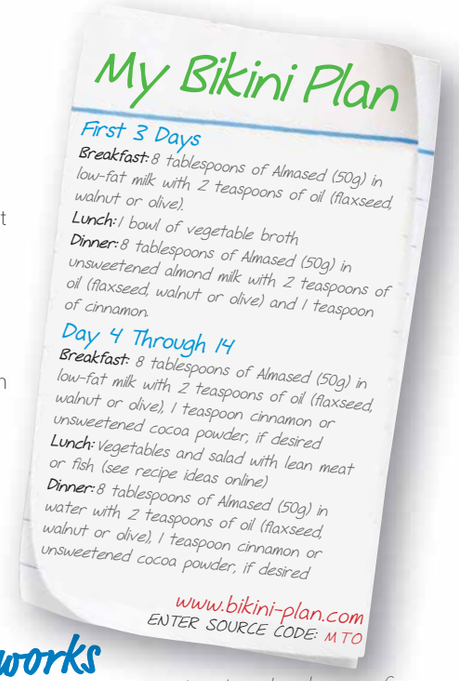
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Best Health

Three delicious ways to boost your eyesight

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

May is Vision Health Month in Canada.

Stock up on these foods to help keep your eyes healthy.

Keep eating them all throughout the year to maintain that boost.

1. Citrus fruit.
It's full of vitamin C, a powerful antioxidant that inhibits damage to the body caused by free radicals. Recent research has shown that the retinas of our eyes require vitamin C in order for their nerve cells to function properly and to maintain better eyesight.

2. Leafy greens.
Spinach, kale and other greens are a good source of lutein and zeaxanthin, which help retina cells ward off free radicals and reduce the risk of macular degeneration.

3. Sweet potatoes and carrots.
Foods high in beta-carotene can help protect eyes. In the body, beta carotene is converted to vitamin A, and in the retina it converts to a protein essential for perception of light.

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Breast cancer. She survived six rounds of chemo; bring on the 'giant mountain'

Help others overcome breast cancer by supporting the Hope Trek up Mount Kilimanjaro. HANDOUT

Are you ready for the adventure of a lifetime? Join the Hope Trek to the summit of Mount Kilimanjaro and support a future without breast cancer.

This incredible 11-day journey begins on Sept. 26 and ends on Oct. 6 — the same day as the Canadian Breast Cancer Foundation's CIBC Run for the Cure.

The footage of the Hope Trekkers reaching the summit of Kilimanjaro will be broadcast at every opening ceremony for the CIBC Run for the Cure, which is being staged at 68 sites across Canada. The Hope Trek is organized by Charity Challenge, the world's leading fundraising challenge operator. They have helped to raise more than $50 million for more than 1,400 registered charities.

Jodi Brown, who shared her story about winning her breast cancer battle in Metro last October, is joining the Hope Trek, and she'll be writing about her experience and the experience of her fellow trekkers for Metro.ca.

"I'm climbing Mount Kilimanjaro (in Tanzania! in Africa! — yes I had to Google it) for two reasons," says Brown. "One, I'm a breast cancer survivor. And two, the thought of climbing it intimidates the crap out of me. Recently, I've decided that if something really scares you, you should probably do it. I made it through six rounds of chemo and a double mastectomy. Bring on the enormous, huge, giant, mountain!"

If you're ready for the challenge, you can register at charitychallenge.ca. Book before May 28, type in the promo code METRO and you'll receive $100 off your deposit. Numbers are limited and places are allocated on a first come, first served basis. METRO

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Have Hope

The details on Hope Trek

- **Who?** Maximum of 28 people per trip
- **What?** 11-day trek to Mt. Kilimanjaro summit through the Lemosho route.
- **Where?** Mt. Kilimanjaro in Tanzania, Africa.
- **Why?** To raise money for the Canadian Breast Cancer Foundation while accomplishing a personal goal.
- **When?** Sept. 26 to Oct. 6, 2013
- **Where do I sign up?** Log on to charitychallenge.ca and start putting a team together.

The ultimate crowd-pleaser, lasagna is always the answer

You can "healthy up" your lasagna by using extra-lean ground beef, whole-wheat lasagna noodles and low-fat cheese. MAIJA MOMENTS/YUMMYMUMMYCLUB.CA

Lasagna is a staple recipe in any kitchen. Whether you're looking for a family-friendly meal, an addition to your freezer-meal repertoire or something to take to a friend when they need it, lasagna is always the answer.

1. Heat oil in a large skillet over medium-high heat. Add garlic and onions and sauté until soft. Add ground beef and cook until no longer pink. Remove from heat, add one jar of tomato sauce and stir until combined. Set aside.
2. In a separate bowl, add ricotta cheese and egg. Mix until combined. Set aside.
3. Pour 1/3 of the second jar of tomato sauce on the bottom of a 9x13 casserole dish sprayed with non-stick cooking spray. Spread so bottom of dish is covered. Add lasagna noodles to bottom of pan. Cut to fit but do not overlap. Spread 1/3 of ricotta cheese onto lasagna noodles. Top with 1/3 of beef mixture. Top with 1 cup of mozzarella and sprinkle with 1 tbsp of Parmesan.
4. Repeat two more times. Top with final layer of noodles.
5. Pour remaining sauce on top and spread to ensure all the noodles are covered in sauce. Sprinkle with remaining Parmesan cheese.
6. Cover with foil and bake in a 350 F oven for 1 hour, removing foil for last 7-10 minutes.
7. Remove from oven, tent with foil and let stand 10 minutes. Slice and serve with salad and crusty bread.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD.

Ingredients

- 1 tbsp olive oil
- 2-3 cloves garlic, crushed
- 1/2 cup onion, diced
- 2 lbs ground beef
- 2 jars tomato sauce (approx. 600 ml each)
- 1 container ricotta cheese (approx. 450 g)
- 1 egg
- 1 box lasagna noodles, cooked according to package directions
- 3 cups mozzarella, grated
- 4-5 heaping tbsp Parmesan cheese, grated

The Spark: Defying the experts on autism

Nurturing Genius.
Book details how a mother took son out of special education to work with him herself

RITA POLIAKOV
rita.poliakov@metronews.ca

Kristine Barnett with son Jacob. DREW ENDICOTT

When Kristine Barnett's autistic son was three years old, she was told he would never learn to read. Now, at 14, Jacob is taking graduate-level classes at Indiana University-Purdue University Indianapolis.

Before leaving fifth grade for college, Jacob taught himself calculus, started working on an original theory in astrophysics and, several months after being told he couldn't, taught himself how to read.

"He's defied not just the experts on autism, but the experts on prodigy. He's social, relatable, he has friends," said Barnett, author of The Spark: A Mother's Story of Nurturing Genius (Random House of Canada Limited).

Barnett's novel, which was released in April, chronicles her journey with Jacob, who was diagnosed with moderate to severe autism as a toddler.

"The delays (experts) saw on social skills in daily functioning were so significant. Making eye contact is a skill a two-month-old has. Jacob was probably seven before he started to make eye contact again," said Barnett, who lives in Indiana.

After realizing how low experts set the bar for her child, Barnett decided to take Jacob out of special education and work with him herself, a decision even her husband was against.

"That was the scariest decision I've ever made in my life," she said. "People just really thought I was nuts."

But Barnett was determined. By focusing on the things Jacob could do, like create a map from memory with Q-tips, Barnett was able to teach her son to do the things he couldn't, like have a conversation.

It was this philosophy that encouraged Barnett to write The Spark.

"The only person who is truly an expert in their child is the parent. I really believe in parents. We have the capacity to know what works for our child. I wanted to give moms the permission to follow their child's instincts," she said.

Writing The Spark wasn't always easy for Barnett.

"I tried to be very open and transparent," she said.

This meant discussing the family's serious financial issues during the recession and the death of one of Jacob's close friends, an autistic boy named Christopher who was hit by a school bus.

Jacob was supportive through the writing process.

"It's kind of fun to see him joking about revisiting these childhood memories. Telling jokes about things I was so worried about and how he wasn't worried at all. He was just doing his thing," Barnett said.

The author will be in Toronto on May 28 at 55 Bloor St. West at 7 p.m.

Learn more

Temple Grandin is another advocate of focusing on strengths rather than weaknesses when it comes to treating autism. Grandin, who was diagnosed with autism before much was known about the disorder, co-wrote The Autistic Brain: Thinking Across the Spectrum, with Richard Panek.

The book, published by Thomas Allen & Son, does exactly what its title suggests. Grandin, a professor and doctor of animal science, explores how brain science is linked to behaviour while weaving in her own experiences. For more information, visit thomasallen.ca and search for the title.

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Play for all the marbles — or not

YOUR MONEY
Alison Griffiths
money@metronews.ca

Marbles aren't exactly a common possession these days. But let's say you have a retro friend who happens to have one clasped in each hand.

One is red, the other black. You are required to enter the game she proposes (never mind why) and ante up $10 for the privilege.

If you correctly guess which colour is in which hand you win a 10 spot and break even. If you pick wrong you must pay another $10. You do have the choice of just paying the entry fee but not actually playing.

You'd lose the $10 entry fee but avoid risking losing another ten by guessing wrong.

What do you do? 1. Take the loss of $10 and risk no further loss. 2. Take a gamble and play on 3. Not sure.

Before you tell the retro friend to take her marbles and go home, consider what your answer says about your money personality. The Brandes Scholarship Program (brandesscholarship.ca) has created a fun, 18-question quiz for students and young adults, aged 16 to 22. It's designed to measure risk tolerance, attitudes to spending and interest in financial matters.

I'm a sucker for quizzes so I plunged in. My answer to the question above, by the way, was No. 2. I hate to spend money without having a chance of getting something for it. Overall, I scored high in financial interest (no surprise there), slightly above neutral in risk taking and just a fraction more toward saving than spending.

I was a little surprised by the last one, mainly because I see myself as a devoted saver. Despite my job, I'm obviously a little more of a spender than I should be.

The quiz is part of the Brandes Scholarship Program, which provides 10 $1,000 awards based on a 400 to 600 word essay describing what the student learned from taking the quiz.

This is a great way to encourage the money conversation with a nice chunk of change for 10 winning Canadians. And the timing is excellent too. Hopefully, young people are embarking on summer jobs and many will be saving and spending their first earned dollars.

As a judge of similar contests I can say that humour gets bonus points. The deadline is July 2.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

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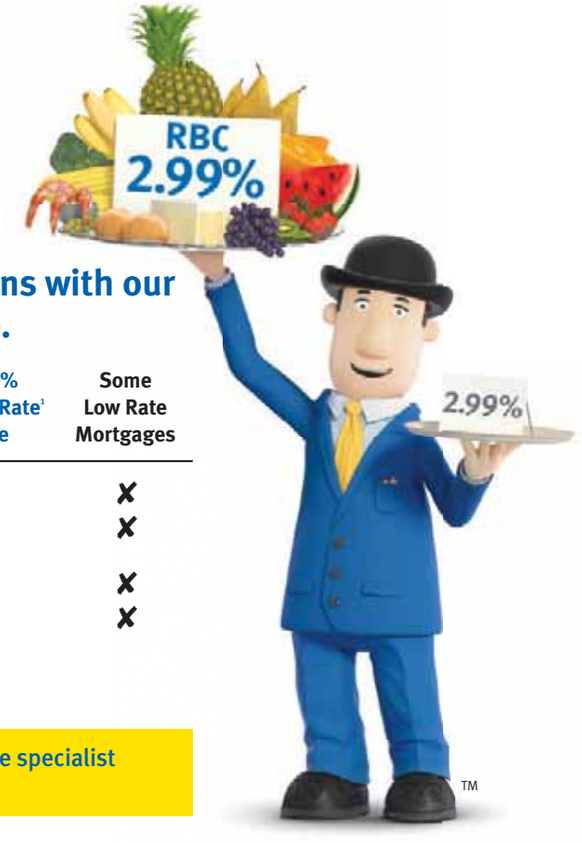

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Young people are embarking on summer jobs. Perfect time to start the money conversation. ISTOCK IMAGES

Office improv: Get your goof on at work

Professionals can be playful. Incorporating off-the-cuff behaviour into meetings can lighten the mood

NATALIE SHURE
Metro News World in New York

When most people think about improv comedy classes, they think about over-the-top performances and aspiring future Saturday Night Live cast members.

While this reputation for goofiness might seem ill-suited for the buttoned-up professional world, many improv theatre companies are challenging these expectations by offering corporate training courses to various companies.

By drawing upon lessons from the world of improv, instructors strive to promote the development of team building, communication and problem solving skills applicable to the workplace.

"Improv is so cavalier and edgy," conceded Carter Edwards, who helms the corporate leg of the Upright Citizens Brigade. "But as soon as we started this, we started to see how translatable the philosophies of improv were to corporate training."

Chief among these philosophies is the strategy of "yes, and," which encourages actors in a scene to accept and build upon anything their partners create.

"The majority of the corporate world would never think to do this, but as soon as we describe it to them, there's a major a-ha moment that goes on with the participants," Edwards said.

"Yes, and..."

"We started to see how translatable the philosophies of improv were to corporate training."

Carter Edwards of Upright Citizens Brigade

Improv can help untie the rope of corporate workplace rules and loosen up employees to new ways of thinking and working. ISTOCK

To help professionals work harmoniously and productively, Rob DiNinni of Stage Coach Improv has also made "yes, and" a central tenet of his corporate improv program. "If you acknowledge and understand someone's point of view, you create a collaborative environment," DiNinni explained. "You can debate instead of negate."

Employees often bring these lessons back to their jobs after completing the program. Rebecca Cronin partnered with Stage Coach Improv as part of her work at her company. She described a heated meeting at the office shortly after several employees participated in a Stage Coach training session. "One of my colleagues stepped in and said, 'Yes, we're going to do that, and...' in a really exaggerated tone, and got everyone laughing," Cronin said. Recalling the lesson from improv helped get the meeting back on track.

Despite these professional benefits, it can be difficult to convince people to unwind in a work setting. "With professionals, you have folks who are at their best in front of a computer," DiNinni said. "We try to create a psychological safety net so everyone feels comfortable taking risks."

The majority of participants do eventually get past that hump. "I love watching the transformation in people when they finally relax enough to have fun with it," Cronin said. "These workshops are the time and place for it."

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Who's the boss? According to this author, it's you

The Power of One.
In her new book, Kathleen Brush explores her tough-as-nails leadership philosophy

JULIA WEST
Metro World News

Everyone seems to have an opinion on what it takes to be a successful leader, but Kathleen Brush wrote the book on it. The author spent years as a turn-around consultant, helping failing companies find their core issues and resolve them. We caught up with Brush to chat about The Power of One: You're the Boss, her how to guide on being the boss.

Your book has some strong scenarios of poor leadership. Did you witness this behaviour first hand?
Yes, most definitely. I didn't have to conjure up any examples. It's funny, I often hear people say, "You could have inserted my name in any anecdote. I do the same thing and I didn't even realize."

So you saw many of the same problems surfacing at various companies?
Sure, if you want to look at general problems. The particulars can be distinct. Often, though, companies forget that they need to re-invent themselves. When they lack strong leadership, it can be devastating to progress.

Isn't that the core idea of your book?
It is, without question. I'm trying to address a problem I see everywhere: Talented people who get into leadership because they're a good account person, for example, but they're lacking as a boss.

Your book says that being the boss means being straight-forward with employees, which is difficult for many people. What advice do you have for better communication?
I counsel people on this all the time because they're afraid to tell people they're not doing a good job. I tell them to put themselves in the employee's shoes. People want to know if they're not doing a good job and the company is in trouble. People want to do a good job. When delivered correctly, employees won't feel like they're in trouble — they'll feel like they're being coached.

Be the best boss you can be. ISTOCK

So how can people get it right?
I tell people to put their coach hat on, not the big, bad boss hat. These managers come back and say it was a great experience. The one thing I really want people to understand is that to be successful as a boss, you can't be the person you always disliked. You can't be the jerk boss. Be the boss that people like and respect.

What is the number one thing you want people to take from the book?
If they want to be a great leader, they can be.

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POSITIVELY SHIFTING PERCEPTIONS

ENGAGE OTHERS ABOUT MENTAL HEALTH ISSUES

DIGITAL VISION/THINKSTOCK

Our mental health is just as important as our physical health. When we are mentally healthy it improves our overall health and well-being and we enjoy life and everyone in it.

All Canadians — not just adults — should be aware of their mental health. Without an understanding of our mental health, it's difficult to know why we feel low, stressed or anxious at certain times and how we can manage these feelings.

This year, the theme for the Canadian Mental Health Association's 62nd annual Mental Health Week, which runs from May 6-12, is Youth Mental Health.

While the CMHA's tagline, Mental Health for All, will still be used as an important broader theme during Mental Health Week, the focus is being placed on the mental health problems experienced by young people between the ages of 15 and 24.

"An important part of the youth theme will be the role of parents, teachers and other caregivers as they continue to play a key part in the lives of youth and provide critical support," says Peter Coleridge, the national CEO of the CMHA.

The statistics are staggering. It's estimated that 10 to 20 per cent of Canadian youth are affected by some form of mental illness, such as anxiety, depression or an eating disorder, and up to 70 per cent of young adults living with mental illness report that the symptoms started in childhood.

Suicide is the leading cause of death in 15- to 24-year-old Canadians. Every year, 4,000 young men and women die prematurely when they choose to end their life. Sadly, Canada's suicide rate is the third highest in the industrial world.

During Mental Health Week, people from all walks of life are encouraged to learn, talk, reflect and engage with others on all issues relating to mental health and mental illness. "The more conversations that take place, the more people will understand mental health and we will positively shift perceptions and behaviours about mental health," Coleridge says.

For more, and for a list of Mental Health Week events and activities in your community, visit mentalhealthweek.ca.

– Jane Doucet

CMHA IS YOUR SOURCE FOR SERVICES

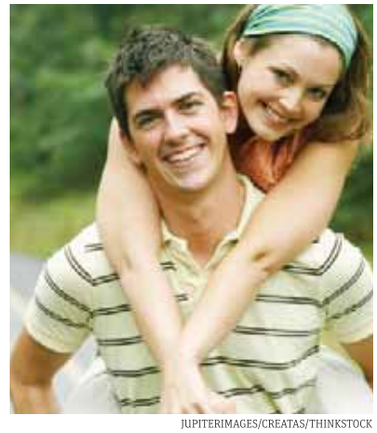
Founded in 1918, the Canadian Mental Health Association is one of the oldest not-for-profit organizations in Canada. With more than 10,000 staff and volunteers in hundreds of communities across Canada, CMHA provides vital services and support to more than half a million Canadians every year.

As the nationwide leader and champion for mental health, CMHA facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience and support their recovery from mental illness. At the local level, CMHA offers a wide range of specialized mental health programs and services to people experiencing mental health issues, as well as their families. These services are tailored to the needs of each community in which they are based.

"One of our main goals during Mental Health Week, but also throughout the year, is to provide information, resources and the practical strategies and advice required for people to develop the personal tools they need to maintain and support their mental health and lead meaningful and productive lives," says Peter Coleridge, the national CEO of the CMHA.

During Mental Health Week from May 6-12, CMHA locations across Canada will hold seminars, host open houses and set up community information booths.

To learn more about the Canadian Mental Health Association, visit cmha.ca.



JUPITERIMAGES/CREATAS/THINKSTOCK

Why is your mental health so important?

Mental health is an essential part of your overall health. Mental health is more than just the absence of mental illness. It's a state of well-being.

CMHA's 62nd ANNUAL MENTAL HEALTH WEEK 2013

It's Mental Health Week!

May 6-12, 2013

It's time to learn, talk, reflect and engage with others about mental health.

For **more information** on how to maintain your mental health, to find Mental Health Week **events in your community** or to **donate to CMHA**, go to **mentalhealthweek.ca**.

Mental health tips

What you can do for your mental health:

Enjoy life.

Eat well and keep active.

Talk about it.

Be kind to yourself. Take time to relax.

Ask for help – when you need it.

Practice positive self-talk.

Canadian Mental Health Association
Mental health for all

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NOT YOURSELF TODAY? ADVICE IS AVAILABLE

Perhaps you couldn't sleep last night because you were worrying about the upcoming workday. When it was time to get up, maybe you decided you couldn't face your boss or co-workers, so you called in sick.

You aren't alone. Every day, 500,000 Canadians miss work due to mental health issues. The good news is that help is at hand.

A national organization called Partners for Mental Health is collaborating with the Canadian Mental Health Association (CMHA) on a workplace mental health campaign called Not Myself Today, which launches on May 9.

Interested employers will receive an easy-to-use campaign toolkit with everything they will need to organize a workplace event, including resources, posters and details about how to make it happen.

To help promote mental health, employers are also being encouraged to get their staff to take part in Not Myself Day @ Work on June 6, which wraps up the month-long campaign.

The benefits of these efforts to companies' bottom lines can be astounding — some estimates are that up to 25 per cent of the costs of mental health issues to employers can be avoided.

This is an opportunity to be known as a forward-thinking organization that supports mentally healthy workplaces, not to mention reaping the longer-term rewards of improved employee well-being, productivity and lower disability claims.

One of the goals of the campaign is to raise funds to support CMHA workplace mental health initiatives, including its Mental Health Works program and annual Bottom Line Conference.

"We want employers to step up and help us reach as many Canadians as possible," says Peter Coleridge, the national CEO of the CMHA. "You'll be investing in improved mental health in your workplaces, which positively impacts overall employee health and productivity."

For more about mental health in the workplace, visit notmyselftoday.ca/home.

– Jane Doucet

HOW CAN YOU HELP?

Employers and co-workers can help create a mentally healthy workplace in these ways:

- Listen, engage in discussion and be supportive.
- Pay attention to your own mental health and well-being.
- Support a colleague who is living with a mental health condition or illness.
- Engage your work peers to challenge the negative stereotypes and attitudes that exist around mental illness.

BRAND X PICTURES/THINKSTOCK

Advertising Feature

BREAKING DOWN THE BARRIERS OF MENTAL HEALTH

The Ontario Mental Health Helpline creates a whole new level of accessibility and support!

1 in 5 Canadians will experience a mental health issue in their lifetime!

Almost 50% of calls come from family members or concerned friends!

"I'm not sure if this is the right phone number but I really don't know where to start" is a common refrain heard by the Information and Referral Specialists who answer the Mental Health Helpline.

Finding answers when feeling overwhelmed and struggling with a mental illness or trying to find help for family and friends can be difficult when you don't know how or where to begin. The Mental Health Helpline provides information about mental health services in Ontario. The helpline is funded by the Government of Ontario and the service provides live answer, email or web chat 24/7, confidential, free and anonymous.

"Our interaction goes beyond providing correct information; it's about taking time to truly hear what a caller needs", says Tricia Korbut, Supervisor of the Mental Health Helpline, a service of ConnexOntario. ConnexOntario also runs the Ontario Problem Gambling and Drug and Alcohol Helplines. "If you've never had to reach out for help before or were afraid to seek help because of the perceived stigma of mental illness, then making that first phone call can be a leap of faith."

"No two calls are the same. We've heard some traumatic stories and heartache but we've also heard stories of resiliency and success", says Tricia. "Often the simple act of listening is cathartic. Being heard, respected and understood builds the foundation for a successful call and increases the likelihood that the caller will continue to reach out to services in their own community."

Not everyone has access to a phone or feels comfortable communicating by phone, so being able to provide alternatives is valuable. The medium may be different but the goal is the same—accurate information, delivered in a timely manner by professionals who care.

Mental Health Helpline

1-866-531-2600
www.MentalHealthHelpline.ca

Search for @ConnexOntario on Twitter or ConnexOntario Health Services Information on Facebook

Ontario

NHL playoffs

Rangers avoid 3-0 series hole in Manhattan

Derek Stepan and Arron Asham both scored tiebreaking goals in the third period for the New York Rangers in a 4-3 victory over the Washington Capitals in Game 3 on Monday night.

The Rangers finally found their offence and got back into their first-round playoff series. New York still trails 2-1 in the Eastern Conference series, with Game 4 set for Wednesday night.

THE ASSOCIATED PRESS

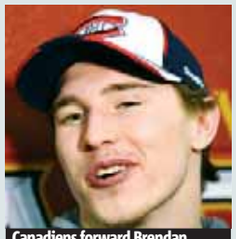
NHL awards

Habs' Gallagher gets Calder nod

Montreal Canadiens right-winger Brendan Gallagher, Florida Panthers centre Jonathan Huberdeau and Chicago Blackhawks left-winger Brandon Saad were named finalists for the Calder Memorial Trophy on Monday.

The honour goes to the NHL's top rookie. The winner will be announced during the 2013 Stanley Cup final.

THE CANADIAN PRESS



Canadiens forward Brendan Gallagher was nominated for the Calder Trophy on Monday.

THE CANADIAN PRESS

Bruins bring Leafs back down to Earth

NHL playoffs. Boston bounces back in Toronto, disappointing fans inside and outside the ACC

James Reimer pulls Boston's fourth goal from his net during the Maple Leafs' 5-2 loss in Game 3 on Monday night.

STEVE RUSSELL/TORSTAR NEWS SERVICE

The Boston Bruins scored two goals in a little over two minutes in the second period to defeat the Toronto Maple Leafs 5-2 on Monday night and regain the upper hand in their NHL playoff series.

The loss came before 19,746 fans inside the Air Canada Centre. Outside, a blue-and-white throng watched the game on a big screen in Maple Leaf Square as playoff hockey returned to Toronto for the first time since 2004.

After being beaten 4-2 in Boston on Saturday night, the Bruins upped their game. The Leafs, meanwhile, made mistakes and were punished, although they tried to close the gap with a busy third period in which they outshot the visitors 18-6. The Leafs finished with a 47-38 edge in shots.

Game 4 goes Wednesday in Toronto, with the Leafs trailing 2-1 in the series. Boston won the opener 4-1.

Adam McQuaid, Rich Peverley, Nathan Horton, Daniel Paille and David Krejci — with an empty-net goal with 1:17 remaining — scored for Boston.

Jake Gardiner and Phil Kessel replied for Toronto in a physical game that saw more than 95 hits in total.

It was the first Leafs' home playoff game since May 4, 2004, when Toronto lost 3-2 in overtime to the Philadelphia Flyers to lose the conference semifinal 4-2. Fans were rewarded for patience with free scarves.

The last home playoff win came in that same series, a 3-1 victory on April 30, 2004.

For the Bruins, the playoffs are business as usual. Boston, which won the cup two years ago, is in the post-season for the sixth straight year.

Inside the chants of "Go Leafs Go" started early, before the warmup. Even anthem singer second Lt. Scott Newlands got an ovation, with the crowd belting out O Canada along with him.

Boston did its bit to quiet the crowd, which still had its moments as the night progressed. And the fans booed Bruins captain Zdeno Chara almost every time he touched the puck.

THE CANADIAN PRESS

Game 3

Bruins	Maple Leafs
5	2

Bruising Bruins

17

The line of Milan Lucic, David Krejci and Nathan Horton finished Monday night with two goals and six assists. They have a combined 17 points through Game 3.

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Argos make risky pick on draft day

CFL. GM Barker selects Sewell knowing full well the big lineman from Milton might never play for Toronto

Toronto Argos GM Jim Barker says Matt Sewell, their first pick in Monday's CFL draft, has a "huge upside."

At six-foot-eight, 345 pounds, the former McMaster Marauder — despite being the top-rated offensive lineman in Canadian university football — also comes with some risk.

He might never wear the Double Blue. The giant from Milton recently signed a free agent deal with the NFL's Tennessee Titans. That means he likely won't be attending Argos training camp and, even if he sticks on the Titans' practice roster, he won't be playing for the defending Grey Cup champions anytime soon, if ever.

The Hamilton Tiger-Cats passed on Sewell and selected defensive lineman Linden Gaydosh, ranked No. 3, with the first pick overall. Gaydosh was one of three University of Calgary Dinos to be selected in the first round.

Sewell, 23, plays left tackle. That means he has the potential to be quarterback Ricky Ray's blindside protector — and a non-import at a position usually played by an import. So Sewell has big-time roster potential in a league where seven starters must be non-imports.

"Matt is a local player, who has a huge upside and is very athletic for his size," Barker said about Sewell, who was ranked No. 4 heading into the draft.

Barker traded the Argos' 39th, 40th and 44th pick for the 22nd pick from Saskatchewan and selected University of Buffalo wide receiver Natey Adjei from Mississauga. He has another year left at Buffalo. The Argos also selected safety Jermaine Gabriel (17th pick) of Toronto who played for Bishops.

Tarleton State offensive lineman Mike Di Domenico was selected 52nd by the Argos while Concordia linebacker Paul Spencer was taken with pick No. 60.

TORSTAR NEWS SERVICE

Quoted

"In the first round, you want to take a player who has a chance to develop into a starter on your team."

Argos general manager Jim Barker on Monday's first-round pick Matt Sewell

NHL PLAYOFFS

CONFERENCE QUARTERFINALS

(Best-of-7 series; All times Eastern)

EASTERN CONFERENCE

PITTSBURGH (1) V. NY ISLANDERS (8)
(Pittsburgh leads 2-1)
Sunday's result
Pittsburgh 5 N.Y. Islanders 4 (OT)
Tuesday's game
Pittsburgh at N.Y. Islanders, 7 p.m.

MONTREAL (2) VS. OTTAWA (7)
(Ottawa leads 2-1)
Sunday's result
Ottawa 6 Montreal 1
Tuesday's game
Montreal at Ottawa, 7 p.m.

WASHINGTON (3) V. NY RANGERS (6)
(Washington leads 2-1)
Monday's result
N.Y. Rangers 4 Washington 3
Wednesday's game
Washington at N.Y. Rangers, 7:30 p.m.

BOSTON (4) VS. TORONTO (5)
(Boston leads 2-1)
Monday's result
Boston 5 Toronto 2
Wednesday's game
Boston at Toronto, 7 p.m.

WESTERN CONFERENCE

CHICAGO (1) VS. MINNESOTA (8)
(Chicago leads 2-1)
Sunday's result
Minnesota 3 Chicago 2 (OT)
Tuesday's game
Chicago at Minnesota, 9:30 p.m.

ANAHEIM (2) VS. DETROIT (7)
(Anaheim leads 2-1)
Monday's result
Anaheim at Detroit
Wednesday's game
Detroit at Anaheim, 10 p.m.

VANCOUVER (3) VS. SAN JOSE (6)
(San Jose leads 3-0)
Sunday's result
San Jose 5 Vancouver 2
Tuesday's game
Vancouver at San Jose, 10 p.m.

ST. LOUIS (4) VS. LOS ANGELES (5)
(St. Louis leads 2-1)
Monday's result
St. Louis at Los Angeles
Wednesday's game
Los Angeles at St. Louis, 9 p.m.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	20	11	.645	—
New York	18	12	.600	1½
Baltimore	19	13	.594	1½
Tampa Bay	14	16	.467	5½
Toronto	**11**	**21**	**.344**	**9½**

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	19	11	.633	—
Kansas City	17	11	.607	1
Cleveland	14	14	.500	4
Minnesota	13	14	.481	4½
Chicago	13	17	.433	6

WEST DIVISION

	W	L	Pct	GB
Texas	20	11	.645	—
Oakland	18	14	.563	2½
Seattle	15	18	.455	6
Los Angeles	11	20	.355	9
Houston	8	24	.250	12½

Monday's results
Chicago White Sox 2 Kansas City 1 (11 inn.)
Oakland at Cleveland
Minnesota at Boston
Toronto at Tampa Bay
Tuesday's games
All times Eastern
Kansas City (Santana 3-1) at Baltimore (Chen 2-3), 7:05 p.m.
Oakland (Milone 3-3) at Cleveland (McAllister 2-3), 7:05 p.m.
Minnesota (Diamond 2-2) at Boston (Dempster 2-2), 7:10 p.m.
Toronto (Happ 2-2) at Tampa Bay (Hernandez 1-4), 7:10 p.m.
L.A. Angels (Wilson 3-0) at Houston (Lyles 0-0), 8:10 p.m.

NATIONAL LEAGUE

Monday's results
Atlanta at Cincinnati
Texas at Chicago Cubs
Miami at San Diego
Arizona at L.A. Dodgers
Philadelphia at San Francisco

NBA PLAYOFFS

CONFERENCE SEMIFINALS

(Best-of-7 series; All times Eastern)

EASTERN CONFERENCE

MIAMI (1) VS. CHICAGO (5)
(Chicago leads 1-0)
Monday's result
Chicago 93 Miami 86
Wednesday's game
Chicago at Miami, 7 p.m.
Friday's game
Miami at Chicago, 8 p.m.

NEW YORK (2) VS. INDIANA (3)
(Indiana leads 1-0)
Sunday's result
Indiana 102 New York 95
Tuesday's game
Indiana at New York, 7 p.m.
Saturday's game
New York at Indiana, 8 p.m.

WESTERN CONFERENCE

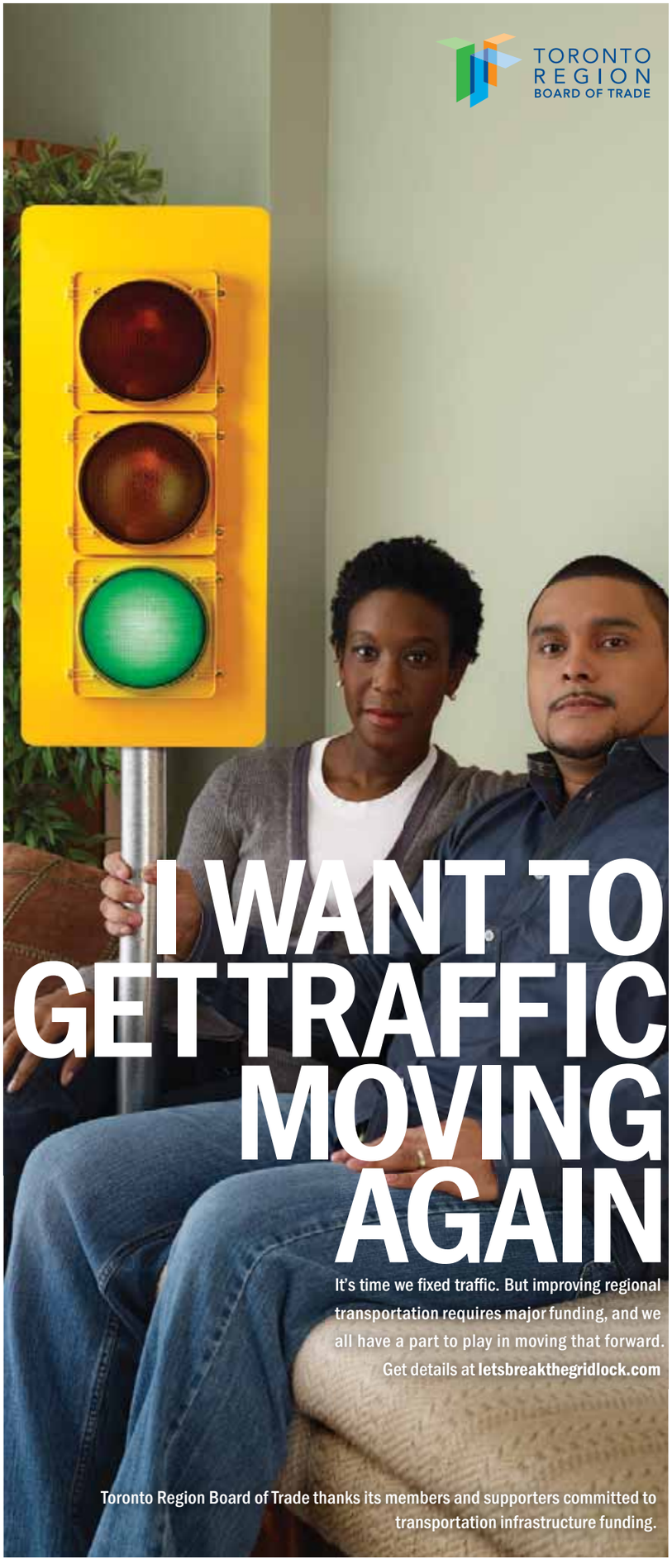
OKLAHOMA CITY (1) V. MEMPHIS (5)
(Oklahoma City leads 1-0)
Sunday's result
Oklahoma City 93 Memphis 91
Tuesday's game
Memphis at Oklahoma City, 9:30 p.m.
Saturday's game
Oklahoma City at Memphis, 5 p.m.

SAN ANTONIO (2) V. GOLDEN STATE (6)
(Series tied 0-0)
Monday's result
Golden State at San Antonio
Wednesday's game
Golden State at San Antonio, 9:30 p.m.
Friday's game
San Antonio at Golden State, 10:30 p.m.

SOCCER

MLS

Sunday's results
Kansas City 4 Chivas USA 0
Houston 1 Los Angeles 0
Wednesday's games
All times Eastern
Houston at D.C., 7 p.m.
Montreal at New York, 7:30 p.m.
Salt Lake at New England, 8 p.m.
Seattle at Kansas City, 8:30 p.m.
Portland at Dallas, 9 p.m.
Toronto at San Jose, 10:30 p.m.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The Jays' Munenori Kawasaki dives back safely past Rays first baseman Infielder James Loney in St. Petersburg, Fla., on Monday. The Jays came back from a seven-run deficit to win 8-7. J. MERIC/GETTY IMAGES

Blue Jays starting from the bottom

MLB. Toronto stuck in last place in AL East with underwhelming big-name talent

A season that started with loads of promise is quickly turning into a year to forget for the Toronto Blue Jays.

The team acquired plenty of big-name talent in the off-season and was expected to contend in the American League East. Instead, the Blue Jays are stuck in last place in the division and are among the worst clubs in Major League Baseball.

Toronto was flat out of the gate and has been unable to win more than two games in a row. The Blue Jays appear to have the talent but the team has been consistently outplayed: Prior to Monday's 8-7 comeback road win over Tampa Bay, in the opener of a four-game series, the team had a positively hideous 11-21 record.

"We're digging a pretty good hole right now, no question about it," manager John Gibbons said during a pre-game availability Sunday.

The Blue Jays went on to blow out the Seattle Mariners 10-2 to finish their six-game homestand with a 2-4 record.

It's still early May but the reality is the Blue Jays' chances of reaching the post-season appear slim at best.

A 93-win total was needed for an American League wild-card berth last year. Toronto would need to play at a .631 clip the rest of the way to reach that plateau.

To put that into some perspective, only the National League East champion Washington Nationals — at .605 — finished the 2012 season over the .600 mark.

The Blue Jays need an immediate improvement in almost all areas of their game to have any hope of getting back in the mix in the AL East.

The list of negatives is a long one — the retooled starting rotation among them. The big-name additions have been disappointing with inflated numbers the norm.

Ace R.A. Dickey is 2-5 with a 5.36 ERA. Josh Johnson, currently on the disabled list with inflammation in his right triceps, is 0-1 with a 6.86 ERA while Mark Buehrle was 1-2 with a 6.43 ERA prior to his start on Monday.

THE CANADIAN PRESS

MLB

Shoulder sends Halladay to DL

The Philadelphia Phillies have placed two-time Cy Young Award winner Roy Halladay on the 15-day disabled list because of an injured right shoulder.

Halladay will be replaced on the roster by left-hander Joe Savery. The move was announced before the Phillies opened a three-game series in San Francisco on Monday night.

Halladay is 2-4 with an 8.65 ERA in seven starts this season. He allowed nine runs in 2 1/3 innings against Miami on Sunday.

Halladay expects to see Dr. Lewis Yocum in Los Angeles this week. The 35-year-old right-hander is in the final season of his contract with the Phillies, making $20 million this year.

THE ASSOCIATED PRESS

Roy Halladay GETTY IMAGES

NBA playoffs. Bulls turn down Heat late to draw first blood in series

Nate Robinson scored 27 points, Jimmy Butler added 21 points and 14 rebounds while playing every second for the third straight game, and the Chicago Bulls stunned the Miami Heat 93-86 on Monday night to take Game 1 of their Eastern Conference semifinal series.

Trailing 86-83 with two minutes left, the Bulls scored the final 10 points of the game to beat the Heat once again.

Joakim Noah added 13 points, Taj Gibson had 12 and Marco Belinelli added 10 for Chicago, which snapped a 27-game Miami winning streak during the regular season, and handed the Heat their first loss in their last 13 games in this one.

LeBron James scored 24 points for Miami, which also got 14 from Dwyane Wade.

Game 2 is Wednesday night in Miami.

The Bulls were without Derrick Rose, as they've been all season. Kirk Hinrich was out again with a calf injury. Luol Deng isn't even expected to rejoin the team until Tuesday, after dealing with an illness apparently so severe that a spinal tap — and other tests since — were needed to rule out things like meningitis.

And the group that was left gave the reigning NBA champions more than they could handle. THE ASSOCIATED PRESS

The Bulls' Carlos Boozer throws down a dunk Monday night.
LYNNE SLADKY/THE ASSOCIATED PRESS

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See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
You seem to think that you need someone's approval to follow a certain course of action. That's not like you at all – and it isn't true either. Have the courage to follow your own path in future.

♉ Taurus
April 21 - May 21
The things you do touch the lives of those around you. Before you start something new today, ask yourself how it might affect friends, family and colleagues. Only proceed if the results will be positive.

♊ Gemini
May 22 - June 21
Regret is a useless emotion, don't wallow in it, just accept it and move on. The Sun in Taurus at this time of year can make you pessimistic, but life is still good – and so are you!

♋ Cancer
June 22 - July 23
If you are convinced that a certain course of action is right then follow it no matter what. Cancer is a Water sign and your intuition is sharp, so listen to your hunches.

♌ Leo
July 24 - Aug. 23
You may think you are entitled to a larger share of whatever rewards are on offer but this is not the best time to push your claims too hard. Wait and see what Friday's eclipse brings your way.

♍ Virgo
Aug. 24 - Sept. 23
Soon you could find yourself doing things that just weeks ago you wouldn't have dreamt about. When change happens it tends to happen fast, so be ready.

♎ Libra
Sept. 24 - Oct. 23
Because life is so easy you tend to coast along without putting too much effort into what you are doing. Which is fine, but think how much more you could achieve if you did get serious.

♏ Scorpio
Oct. 24 - Nov. 22
Worry never solved anything, so control your fears and start looking for ways to improve your lot. Remember: you are where you are for a reason. Find out what that reason is and work with it.

♐ Sagittarius
Nov. 23 - Dec. 21
Despite what some people might say you are more than just an accident of the universe – there is meaning to your existence. Focus on what that meaning is and you could have a life-changing insight.

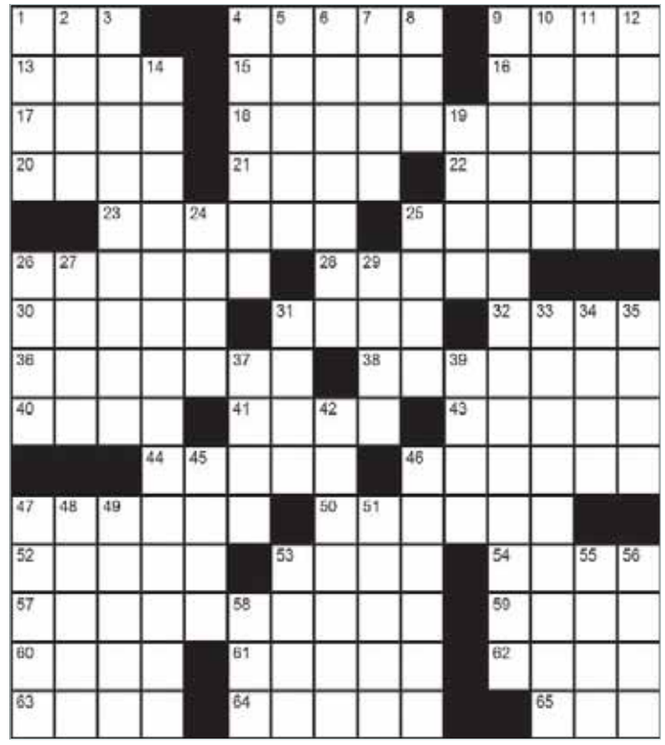
♑ Capricorn
Dec. 22 - Jan. 20
Your rivals may have more experience than you but you have drive and determination. Most important of all though is your clarity of thought: you know what it is you want – and you'll get it.

♒ Aquarius
Jan. 21 - Feb. 19
Focus on the lighter side of life today. Stop worrying about the world and its woes and just have fun for a change.

♓ Pisces
Feb. 20 - March 20
You're not a casualty in the game of life, so stop acting like one. According to the planets the next few days will throw up some wonderful opportunities. SALLY BROMPTON

Crossword: Canada Across and Down

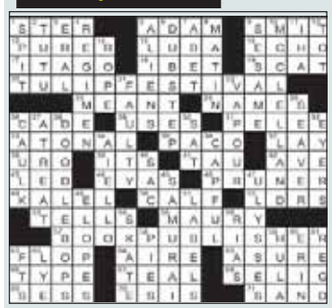
BY KELLY ANN BUCHANAN



Across
1. Quebec locale, __-Beauport
4. Hell
9. Immense
13. Awestruck
15. "___ be goin' now."
16. Sudbury landmark, __ Superstack
17. Contented cat's call
18. Hard rock trio from Toronto: 2 wds.
20. Mr. Carvey
21. New newts
22. Ex of celebs George and Rod
23. George Orwell's Nineteen __-Four
25. :)
26. Earth's third biggest island
28. Baseball great Mr. Ryan
30. Cheering-on person
31. __ Beach, Florida
32. Tranquil
36. An aquarium recreates it: 2 wds.
38. Aficionado
40. Garden __
41. Golds, in Spain
43. __ water (Up the proverbial creek): 2 wds.
44. Montreal metro station, Cote-__
46. Nuts
47. "Madonna: Truth __ __" (1991)
50. Cyberspace: 2 wds.
52. Gets introduced to
53. Weather without water
54. Carpentry tool
57. British Columbia city
59. Anastasia's dad's job
60. Prince William, for one
61. Be an Alps communicator
62. Eight: Spanish
63. Li'l elevations
64. Farm equipment company, John __
65. Montreal football players, to fans

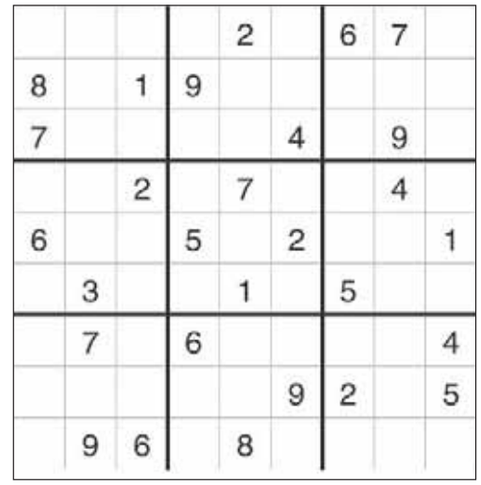
Down
1. Force in California's largest city (acronym)
2. Water: Spanish
3. Sitcom set in fictional Dog River, SK: 2 wds.
4. Cab Calloway's signature syllables
5. Toward the stern
6. Chewing gum brand
7. Edmonton's CFL team's website, __.com
8. Pou __ (Vantage point)
9. James Ehnes' recent Juno-winning album: 'Tchaikovsky: __ __'
10. Year's historic record
11. CSI part
12. "I Just Called __ I Love You" by Stevie Wonder: 2 wds.
14. Inglis ___ National Historic Site, in Manitoba
19. Early-'80s hit: "She's a Bad Mama __"
24. "The Facts of Life" actress Ms. Jewell
25. Blackthorn fruit
26. Shrub
27. Cream-filled cookie
29. Commands, for short
31. Green: French
33. Alberta river
34. Kings of __ (Rock band)
35. NY baseball team
37. Golfer's warning!
39. Opinion
42. Cycled better than
45. In the past, in verse
46. Hawk
47. D-Day beach
48. "__ Without a Cause" (1955)
49. Money-spent transaction
51. Job seeker's interviewer
53. "...friend or ___?"
55. Montreal-born humourist, Mort __
56. Amateurs' antonyms [abbrv.]
58. Mr. Barrett of Pink Floyd

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

1	9	2	4	6	7	5	8	3
7	5	6	8	1	3	9	2	4
4	8	3	9	2	5	6	7	1
6	7	5	2	4	8	3	1	9
9	3	8	1	5	6	2	4	7
2	4	1	7	3	9	8	6	5
8	6	9	3	7	1	4	5	2
5	1	4	6	9	2	7	3	8
3	2	7	5	8	4	1	9	6

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